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Volunteer of the Year

Town honors Mitchell Page

See story on page 6

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QUOTE OF NOTE:

"You don't want every small space to look bigger." - *Sue Cesana*

See story page 38

ON THE COVER

His involvement with the Boy Scouts and Cub Scouts is just one of the many reasons why Mitchell Page was named a town volunteer of the year.

Photo by Lisa Brisson
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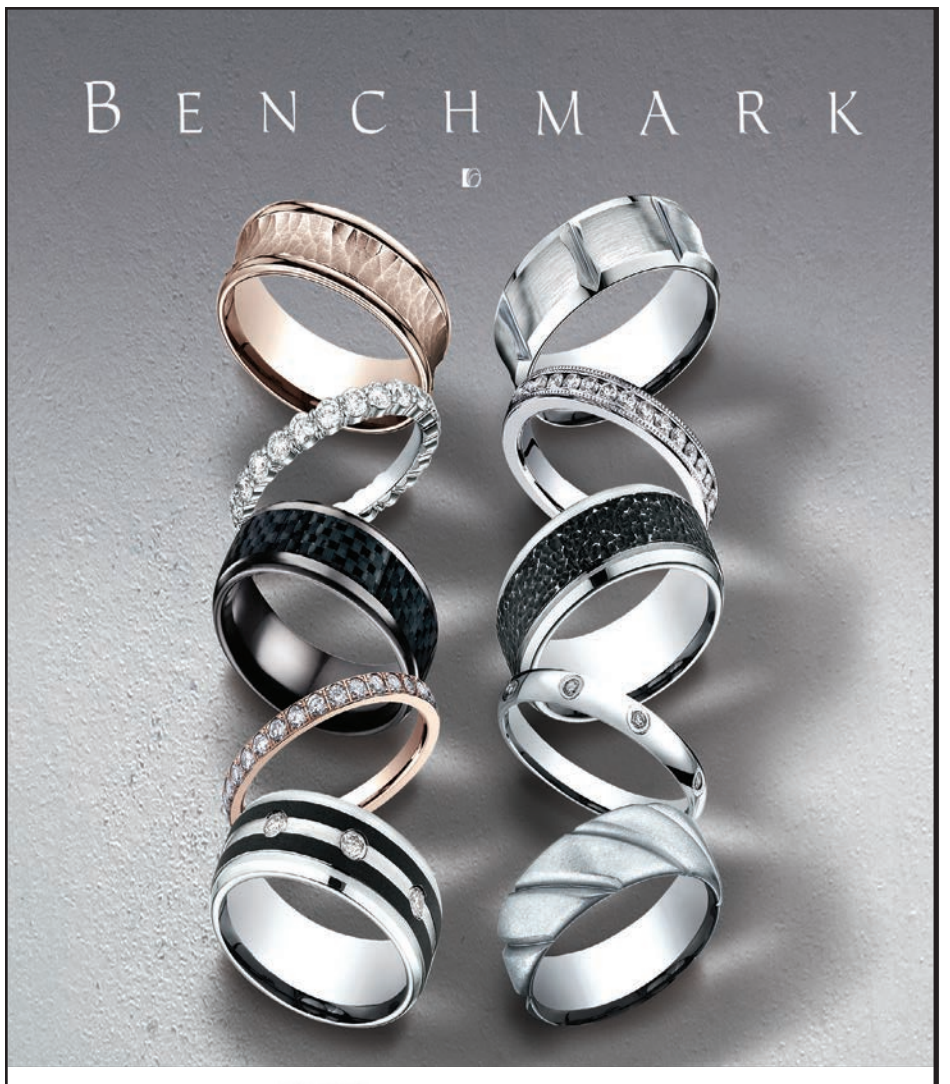

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Ackee with salt fish is the national dish of Jamaica.

Crab and corn chowder

Curried goat

A taste of the islands

Caribbean Food Concepts carves out a niche as a caterer and take-out eatery

by Mark Jahne
Editor

Photos by Mark Jahne

Newington has a wide variety of cuisine represented by the various restaurants in town. Caribbean Food Concepts adds to that diversity by providing a taste of Jamaica and the other islands that make up the West Indies.

The catering service and take-out restaurant will celebrate its first anniversary July 6 at 337 Willard Ave. in the plaza that is fronted by 7-Eleven. Classically trained Chef Adrien Myles is the proprietor.

Myles, 43, and his business partner Dale Hume-Rimai also own and operate an adult care agency called Family Home Care Assistance at 445-A Willard Ave.

"I was born and raised in Barbados," he said.

He came to America at the age of 17 and lived in Hartford, New York City, Jersey City, Georgia and other locales before settling in West Hartford. He was attracted to this area for both cultural and business reasons.

"Connecticut is the second-largest group of West Indians in North America," Myles said.

"I've been cooking 28 years. I started studying food and nutrition at age 12."

– Chef Adrien Myles

His native land has no natural resources and is heavily dependent upon tourism for its economy, so he understands the importance of hospitality in the food industry. He also firmly believes that hard work and struggle lead to success.

He was raised by his mother and did not meet his father until he was a teenager. Coconut bread was a staple of his daily diet. His family owned a restaurant in Barbados, so he was exposed to that life at a young age.

"I've been cooking 28 years. I started studying food and nutrition at age 12," Myles said.

He has worked as a bartender, waiter and in various hotel jobs. His professional experience includes a stint at the All Star Café in Manhattan, part of the Planet Hollywood chain. Further study came at the Culinary Institute of America.

"That's where I got my formal training. I graduated near the top of my class," he said with a smile.

But that wasn't the end of his education. Myles always looked for ways to learn more about international cuisine. Then came a variety of corporate jobs where he was cooking for large numbers of people, as many as 3,000 meals a day.

Those jobs included executive chef positions at Sloan-Kettering Hospital, Bear Stearns, Ernst & Young and the Bushnell Center for the Performing Arts. He also ran the kitchen for Jordan Caterers of Cheshire. But he yearned to start his own restaurant, even if it was not a large-scale operation.

"I always had an entrepreneurial spirit," Myles said.

He and Hume-Rimai didn't know quite what to expect out of Newington when they decided to open their restaurant because they knew little about the town. What they found was a friendly community and helpful government.

"We were well received here. Everyone was so pleasant to work with," he said.

Traditional Jamaican patties come filled with seasoned beef, chicken or vegetables. Other lighter fare includes coco bread and fish cakes. Salad aficionados can order a Caesar or tossed salad. Top it off with jerk chicken or jerk salmon for additional flavor.

"Jerk" is an island method of seasoning and cooking.

Entrees include curried goat,

stewed oxtails, braised short ribs, pepper steak, jerk chicken, fried chicken, curry chicken, brown stew chicken, brown stew pork, jerk pork, jerk pork baby back ribs, fried whole red snapper, curry shrimp, fried coconut shrimp and jerk salmon.

Dinners can be purchased in small, medium or large portions. Combination platters are also available for some items.

The restaurant also has a roti section of Indian-inspired cuisine. Roti-style meals can be prepared using chicken, beef, shrimp, saltfish or all vegetables.

There are three soups available: chicken, red peas, and crab and corn chowder. Side dishes includes French fries, sweet plantains, truffle fries, rice and peas, sweet potato fries, macaroni and cheese, fried dumplings and white rice.

"Ital" food, inspired by the Rastafarian tradition of Jamaica, includes calalloo with onions and peppers and optional salt fish (salted cod). Another choice is ackee with onions and salt fish, the national dish of Jamaica. Calalloo is a green, leafy plant and ackee is a fruit.

The restaurant serves $7 lunch specials Monday through Friday between the hours of 11 a.m. and 3 p.m. Normal business hours are 11 a.m. to 8 p.m. Monday through Saturday and 11 a.m. to 5 p.m. Sunday.

In addition to a wide variety of food choices, Caribbean Food Concepts also has plates, flatware, glasses and more supplies available for catering jobs. **NL**

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Adrien Myles is the chef and owner of Caribbean Food Concepts on Willard Avenue. He came to the United States from Barbados.

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Praise for Page

Town honors longtime resident for his commitment to volunteerism

by Mark Jahne
Editor

Photo by Mark Jahne

The Town Council honored social worker and civic contributor Mitchell Page with a town Volunteer of the Year Award.

Mitchell Page firmly believes in giving back to one's community. A lifetime of doing just that recently won him recognition from a grateful town.

Page was honored by the Town Council with a town Volunteer of the Year Award.

Reasons cited by Deputy Mayor David Nagle while reading the resolution include Page's active participation at Grace Episcopal Church, where he is the junior warden, Eucharistic minister, chalice bearer, past vestry member and oversees the financial affairs of the church. He leads the Grace men's group, too.

He also leads book talks and has run a two-part program about transgender people. Page belongs to two Masonic organizations – Lodge 70 in Windsor and Sequin Level Lodge 140 in Newington – where he volunteers for scholarship benefits, blood drives and child identification and abduction prevention events.

"Our highest virtue is charity. The highest form of leadership is service leadership," he said of the Freemasons. "You have to be a man of faith to be a Mason. I served in all the chairs."

He is also active with Cub Scout Pack 347 and Boy Scout Troop 347. He teaches the scouts an anti-bullying message. He's the troop's committee chairman, meaning he is the person designated to handle any complaints or concerns expressed by parents.

Page is a licensed clinical social worker and a board-certified diplomate, offering advanced general practice. He earned an undergraduate degree from Central Connecticut State University, a master's degree in social work from New York University and a sixth-year certificate in educational leadership.

Probate Judge Robert Randich came to see Page receive the award. He offered his thoughts to those in attendance. His first memory was of Page selling grinders on Super Bowl Sunday to raise money for domestic violence victims and prevention.

""It's people like Mitch who make Newington such a great place to live," he said.

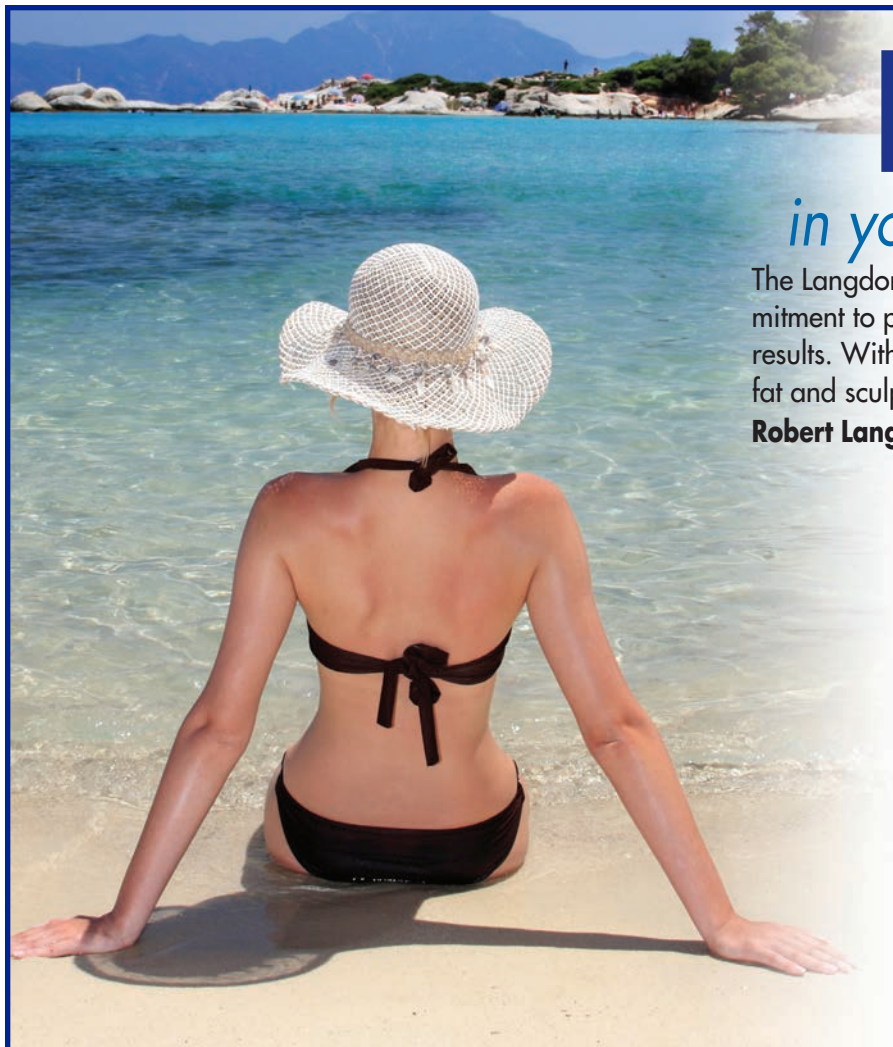

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Photo by Lisa Brisson

"Mitch was one of the first people I met when he joined Grace [Episcopal] Church more than 20 years ago," Mayor Roy Zartarian said.

"I've had the pleasure of working with Mitch professionally," Councilor Beth DelBuono said.

"I thank you for all you have done for this community," Councilor Maureen Klett added.

She said that although they sometimes disagreed politically, Page always did so in a respectful manner. Randich noted that Page is a frequent writer of letters to the editor on political topics.

"It is indeed an honor and I am very humbled to receive this. The spirit of volunteerism is what defines the spirit of Newington," Page said.

He has a full-time job as assistant principal at Holmes Elementary School in New Britain and also operates a social work business in town.

"I've been in private practice for 30 years," he said.

Page was surprised and humbled by the award and considers himself no more deserving than many other people who contribute their time and talent to make this town a better place.

"Newington is filled with wonderful volunteers. We moved here 25 years ago because of the spirit of the town," he said. "There is a real sense of community in this town."

His wife Lynn assists him with his volunteer efforts. The couple has four sons. **NL**

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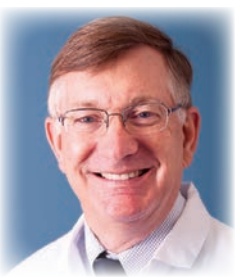
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A praise-worthy group

Town Council honors Boy Scout Troop 347 for its community service

by Mark Jahne
Editor

Photo by Mark Jahne

Boy Scout Troop 347 was honored by the Town Council with a Volunteer of the Year Award for its long history of service to the community.

The camping and outdoor activities are fun, but that's not the primary focus of Boy Scout Troop 347. It's all about helping boys grow into confident, respectful and civic-minded young men.

The Town Council selected Troop 347 as one of its annual Volunteer of the Year Award winners for 2015. Mayor Roy Zartarian welcomed them to a council meeting where the recognition was formally presented.

He listed the troop's many credits: assisting with the annual Waterfall Festival, laying wreaths on the graves of deceased military veterans, marching in the Memorial Day Parade, attending the Veterans Day ceremony and more.

Scouts who volunteer at the annual Waterfall Festival need to be out of bed by 5 a.m., one of the adult leaders said. They provide security in Mill Pond Park the night prior to Extravaganza.

Twice a year the troop moves all of the books donated for the Friends of the Lucy Robbins Welles Library book sales across the street from the library to the senior and disabled center, where the sale is held. They also conduct an Election Day food drive, among other commitments.

Troop 347 was formed 58 years ago and has 40 members. It averages

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one Eagle Scout project a year and these projects, designed to benefit the community, encompass at least 100 hours of service.

Past projects include planting gardens, improvements to the rope course off Fenn Road, clearing and improving trails, cleaning church property and building wheelchair ramps.

Tim Manke is the senior scoutmaster. He is assisted by 11 assistant scoutmasters, many of whom have long since seen their sons grow up and move on to adult life. But they stay involved because they enjoy the camaraderie and benefits of scouting.

Manke has been involved since 1978. All of the adult leaders either were members of the troop as youths or have a son who was a member.

"I was a scout at 11 in this troop. It's close knit, like a family," he said. "We have a lot of fun, we do a lot in town. These guys are why I still do it."

His son Chris and brother Peter are also current members; Tim and Peter's father was the scoutmaster before them. The troop was formed in 1948 and meets Wednesday evenings at Martin Kellogg Middle School.

Troop members Jacob Sirois and Austin Matteson recently became Eagle Scouts, the highest rank. Austin is also a junior assistant scoutmaster.

"You come in as a timid guy and develop into a well-rounded young man. Volunteer service is embedded in our troop," Austin said.

The longtime Boy Scout motto "Be Prepared" remains, as does the Scout Oath. But other aspects have evolved over the years.

"What changes is the things that you're exposed to. That's the other side of scouting," Austin said.

Guests speakers are invited every week to share their insights, for example.

"What I enjoy most about scouting, and this troop in particular, is how well they socialize you and prepare you for the real world," Jacob said.

He has had the opportunity to meet scouts from other countries, including Germany and Thailand. He and Austin are among the members who have participated in scouting events in Canada and wear the maple leaf flag on their uniforms along with the stars and stripes.

The troop goes to summer camp every year but he said there is so much more to scouts than that outing or the occasional camping trip. He particularly enjoys the volunteer activities.

Tim Manke said the troop takes a major annual trip.

The boys are looking forward to participating in a worldwide scouting jamboree scheduled for 2018 in West Virginia.

"This troop, more than the other ones I've seen, has a focus on volunteering for the community," Andrew Glass said.

He and Chris Manke are among the group of assistant scoutmasters. He likes that the boys are taught about community involvement at a young age. Everyone has a part to play and the older boys help teach the younger ones.

"I've been a scout since 1990. All my friends are scouts," the third-generation Manke said.

Art Diamond, who is in his 60s, has been an assistant scoutmaster for 31 years. His son is one of 64 in troop history to achieve the rank of Eagle.

"The troop has this cohesive quality. We enjoy watching kids grow and develop into young men," Diamond said.

"Decades ago, I was a Boy Scout. We spent more time getting involved in mischief than in projects benefiting the community," Mayor Zartarian said with a smile at the awards ceremony.

"Thank you for all that you do for our town," Councilor Beth DelBuono said.

"It's nice to recognize the youth of our town as volunteers of the year," Councilor Carol Anest added.

Tim Manke, who is also a town councilor, praised the boys for their commitment to serving the community and giving back to their town.

"Whenever we asks these scouts to do something ... they always volunteer," he said.

"I'm sure this is a lifetime commitment that you are starting to build now," Councilor Gail Budrejko added.

"There are a multitude of different things where the scouts pitch in," Deputy Mayor David Nagle said. **NL**

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Liederkranz turns 105

The Hartford Liederkranz, a German-American club based in Newington, celebrated its 105th anniversary with an April 17 dinner-dance.

Photos by Mark Jahne

Leaders of the Hartford Liederkranz include Secretary Rosemarie Hecht, Membership Chairwoman Clara Weber, Second Vice President Alois Weber, President Michael McKeon, Treasurer Anna Hecht and First Vice President Eileen Blair.

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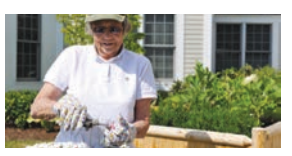

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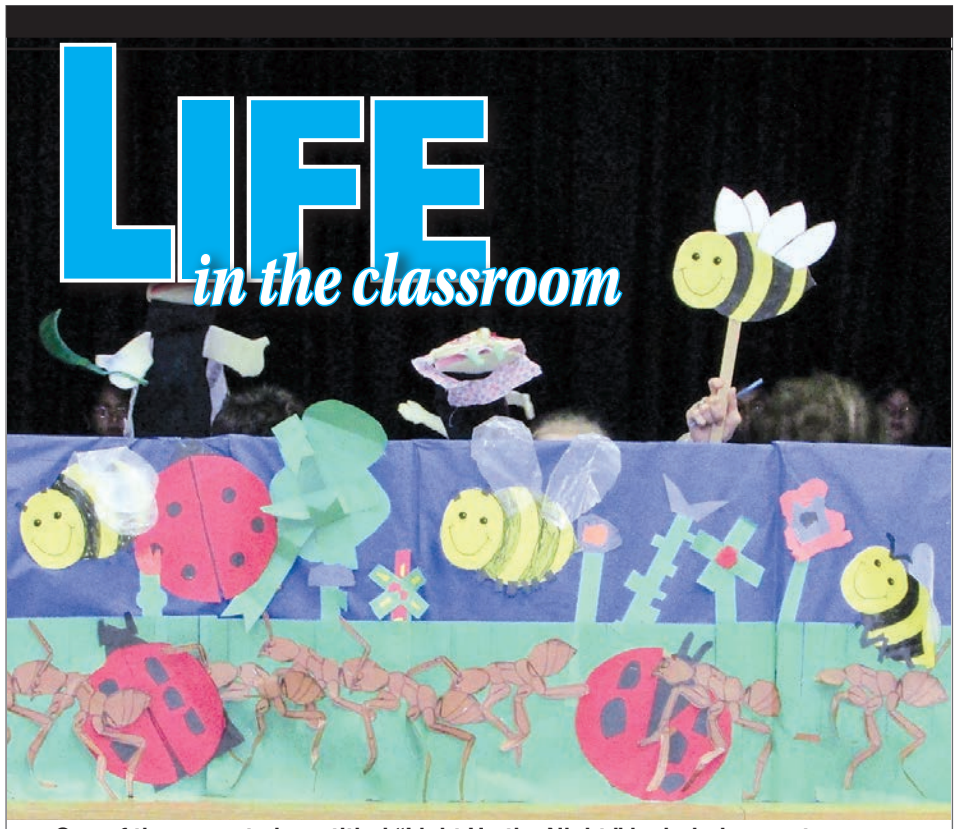

One of the puppet plays, titled "Light Up the Night," included puppets of a bee, an ant, a ladybug, a grasshopper and a firefly

First-graders learn about presenting puppet plays

by Allie Rivera
Staff Writer

The stage in the Ruth Chaffee School gymnasium was set. Rows of metal chairs were quickly filling with excited parents and friends.

Backstage, 22 first-graders sat on the floor, some bouncing in anticipation, others speaking animatedly to their peers. Each one held in his or her hands a colorful and completely unique educational tool – a puppet.

For the 15th year, first grade students at Ruth Chaffee marked the end of the academic year with a puppet play that they presented to their family and friends during the school day.

> **The arts can support the curriculum."**
> **– Ellen Repay**

"It really ties everything in at the end of first grade," teacher Ellen Repay said.

Now a tradition, the puppet plays were made possible by Repay's own background with puppets that began when her daughter was in elementary school.

"I said to my daughter's fourth grade teacher, tell me what your curriculum is and I will make art for it," Repay recalled.

It was that teacher who suggested Repay show students how to make puppets.

"I had never made puppets," she said. "I took out a book from the library and learned."

From there, an art teacher in Manchester approached Repay to teach her students how to make puppets as well.

"It's very simple construction, but the kids get to glitz it up," she explained. "It's really just a foam head, paper plate mouth and tube of fabric for the body."

When Repay began teaching first grade at Ruth Chaffee, she decided to incorporate her knowledge of puppet making into the classroom.

"At the beginning we got a grant," Repay said. "Then after that, the PTA said they would fund this."

She gained support from parents and school administrators alike for creating a fun way for students to display their learning. Each of the five short plays that the students put on focuses on an element from the curriculum, ranging

from one called "Frog Watch" about how tadpoles turn into frogs to another about the history of the flag entitled "The Stars and Stripes Speak Out."

Along with incorporating themes from the year's curriculum, the puppet plays also meet multiple Common Core State Standards in regards to fluency, speaking and listening.

"It's basically readers' theater," first grade teacher Christine Sedory said. "At this point in the year, to be able to put their reading fluency into practice in front of such an authentic audience is wonderful."

Since its inception, the plays have only changed slightly. Each first grade classroom conducts its own show, but they all use the same short plays that fit in the curriculum.

This year, the three classrooms each had 22 students, so an additional play about community was added, as well as a poem at the end that all students read aloud.

While the educational component is a key piece of the plays, the ability for students to have fun and be creative is just as important for both the teachers and students.

"It is such an opportunity for the kids to be creative," Sedory, who is in her first year teaching at this level, said. "They really took ownership of their puppet and I was impressed with how the students rose to the occasion."

For 7-year-old Kaelynn Asar, getting the chance to create her puppet was simply fun.

"You could imagine all these tables were filled with things to make them with," the first-grader said. "I found some fabric and made it into a bowtie."

Students were assigned which part in which play they would have and then were able to use their creativity in creating that character.

"I made a superhero frog," Michael Martinez, 7, said excitedly. "I gave him a cape and put all the crystals on it."

The creation of the puppets, while student driven, was not done completely on their own. Repay credits the large number of parent volunteers for helping to make the show a success each year, as well as the support from the school administration and her fellow first grade teachers.

Photos by Allie Rivera

First grade students, from left, Michael Martinez, Humza Alsaqri, Alexa Staron and Emilia Czyzewska showed off their hand-made puppets after their puppet plays June 6.

"I might have been the one who started it, but I wouldn't have been able to continue it without my colleagues," she said. "It's really a team effort."

Repay added that she is glad the puppet plays have been able to continue for as long as they have and hopes they can show people how important the arts are to education.

"The arts can support the curriculum," she said. "Especially for young children, creativity is so important. It doesn't have to be separated from the classroom, it can be a part of it." **NL**

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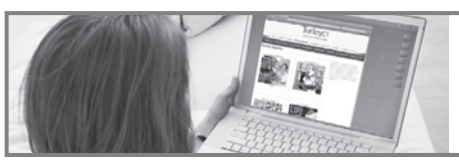

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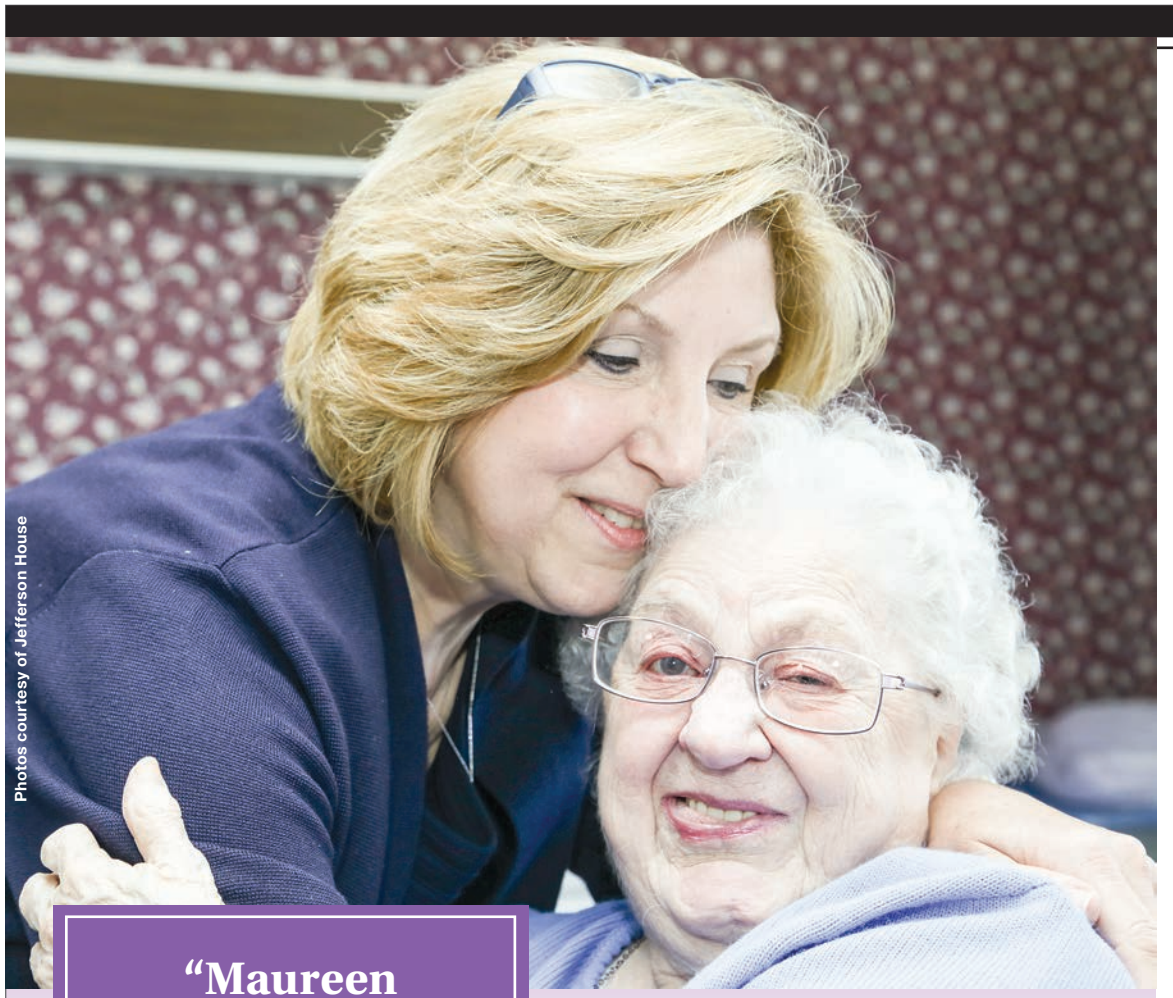

Photos courtesy of Jefferson House

In her role as case manager and admissions director at Jefferson House, Maureen Lahickey gets to know all of the patients in the building, including Edith Fortier.

"Maureen truly cares about every aspect of a patient's stay."
– Susan Vinal

'An amazing honor'

Jefferson House case manager is honored for excellence in nursing

by Allie Rivera
Staff Writer

As Maureen Lahickey walked the brief stretch of hallway between the front receptionist's area and her office at Jefferson House, she was stopped three times by patients saying hello.

Lahickey greeted each of them by name and asked how their day was with a bright smile on her face before moving on. Jefferson House may be a facility with more than 100 patients, but to many, Lahickey is thought of as a leader in the building.

"They joke that I'm the face of Jefferson House," she said with a small laugh.

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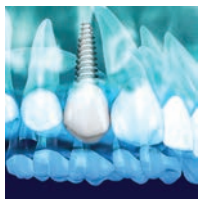
Replacing teeth with dental implants can be an excellent option for patients to restore lost function and recreate a great-looking smile for those that have suffered from tooth loss. Implants are titanium posts inserted into the jawbone to replace the root portion of a missing tooth, which fuse with the bone, keeping it living and stimulated and your face youthfully supported. Dental implants serve as a foundation for highly natural-looking and functional tooth replacements, and can be used to replace a single tooth up to a full set of top and bottom teeth, now one of Dr. Michalski's top procedures, the "All on 4" fixed implant bridge. This innovative concept uses as few as four implants to replace a full arch of teeth. Because he is also a cosmetic dentist, Dr. Michalski has the unique ability to plan both the surgery and the final smile design. The procedure replaces the problem teeth and the IV sedation he offers creates a relaxed experience.

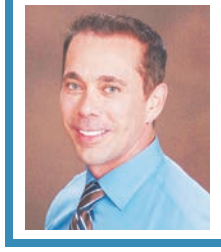
Since your jaw, teeth and bones have individual characteristics, Dr. Michalski uses his in-house CT scanner for precise implant measurement and 3-dimensional visualization to fully understand the structure of each person's jaw. Combining his expertise and advanced equipment, he is able to locate the best bone structure and choose the ideal implant placement sites for the patient. "Through this procedure we take implant dentistry a step above," says Dr. Michalski. "We take teeth out and the same day put teeth in. We provide our patients with IV sedation and they wake up with new teeth."



As one of his advanced procedures is dental implants, Dr. Michalski is a leader in his field. He has attained Diplomate status in the International College of Oral Implantology, the highest honor in the field. He is a Misch Fellow, a graduate of numerous post doctorate training curriculums and has trained and studied with the best implant surgeons in the world.

"I am able to show people what their dental implant options are and change their lives. We use art and science to take a patient from a smile they dislike to one they love by creating their perfect smile," explains Dr. Michalski.

Dr. Michalski is accepting new patients. Appointments for evaluations and consultations are available on weekdays and may be made by calling 860-563-4544, or visiting the website www.michalskidmd.com



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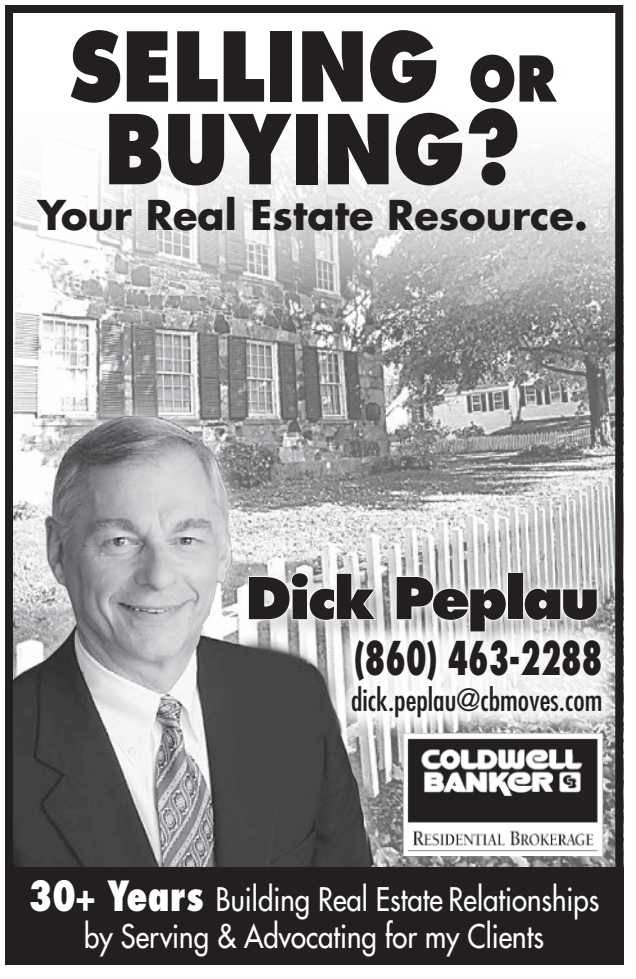


She works as a case manager and admissions director in addition to her duties as a nurse. She has been with Jefferson House since January 1980 and her many years of service recently earned her one of Connecticut's Nightingale Awards for Excellence in Nursing.

"It was very much a surprise," Lahickey said of the recognition. "It's really an amazing honor."

The Nightingale Awards are a state-wide program that recognizes and celebrates roughly 100 of the state's best nurses as nominated by their employers and colleagues each year. Lahickey, along with the other recipients, was honored at an event in Hartford on May 5.

The award honors nurses who have made a significant impact on patient care or the nursing profession, gone above and beyond in a clearly illustrated scenario, demonstrated excellence above what is normally expected and shown commitment to the community they serve, according to the program's website.

In the eyes of Jefferson House Executive Director Susan Vinal, Lahickey encompasses each of those qualities.

"Maureen truly cares about every aspect of a patient's stay," Vinal said. "She keeps tabs on the status of each and every resident, with attention to details and knowledge about all aspects of care. She supports families through tough decisions like long-term placement of loved ones, complex discharge planning and end of life care.'

Although Lahickey feels honored by the recognition, in her mind she is simply doing the job that she loves.

"I love what I do," she said. "I just feel really strongly about taking care of the whole patient, physically, spiritually and emotionally."

That passion began during childhood when she had to spend time in a hospital after having surgery.

"I would go to the burn unit and sit with the babies," she recalled. "It's really always been a dream."

Lahickey graduated from Bridgeport Hospital School of Nursing, now part of the University of Bridgeport, and then worked on the surgical floor of Bridgeport Hospital. After a few years in that position, she moved to the Hartford area and took a job as a nurse manager at the newly built Jefferson House in Newington.

Prior to its move to its current location, Jefferson House was located in Hartford and has been around for more than 120 years. The facility offers long-term palliative and hospice care and rehabilitation services to people over 60.

"From the very beginning, it felt like a family," Lahickey said of her move to Jefferson House. "It was very exciting and very innovative."

As she continued her work at the facility, her role shifted to night supervisor and finally to case manager and admissions director, positions she has held for nearly 20 years. Lahickey said in this role she is able to work directly with patients every day and create an environment that is comfortable and supportive.

"I truly try to treat every patient like they're my family and I try to foster that in every person who works with me," she said.

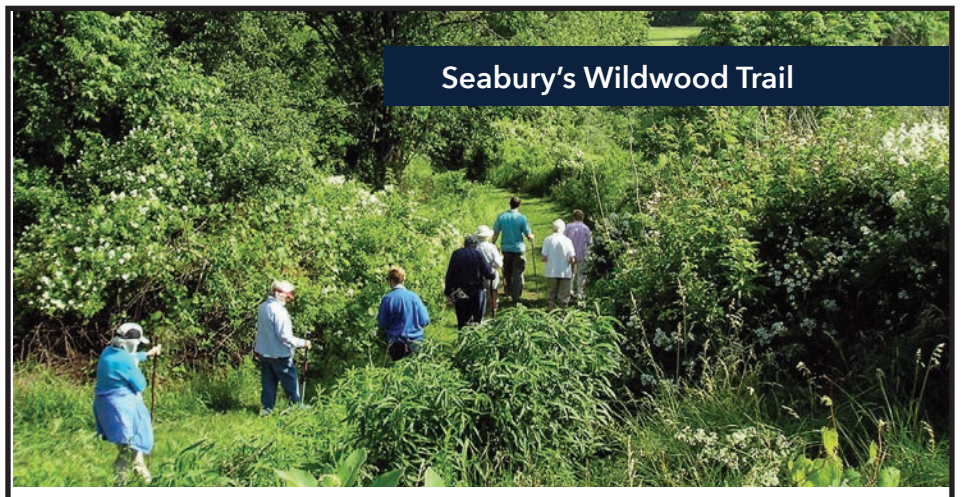
She has always been especially interested in palliative and hospice care and is glad to be in a position where she can educate others on this form of nursing.

"We want to maintain their independence and dignity," she said. "My forte has always been palliative care and hospice care and to me that education piece of hospice care is so important."

With 36 years at Jefferson House behind her, Lahickey is looking forward to continuing her career there and learning more about the ever-changing field in which she works.

"I do hope to continue the rest of my nursing career at Jefferson House," she said. "The changes in health care are all around us. I plan on being part of that change, learning and growing each day to improve and enhance the quality of our patients' lives." **NL**

Jefferson House is a department of Hartford Hospital and is located at 1 John H. Stewart Drive. For more information visit harthosp.org/jeffersonhouse.



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Additionally, construction is underway on the next two phases of Seabury's expansion, including 68 new independent living residences scheduled to open in the Fall of 2017. **Learn more about how to reserve your future home at our monthly info sessions on every 1st Thursday at 1:30pm and every 3rd Wednesday at 10:30am. Call (860) 243-6081 or (860) 243-4033 for reservations or e-mail info@seaburylife.org**

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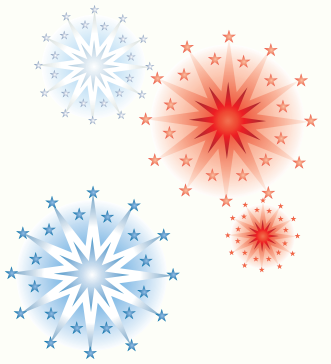
Events spotlight

Summer Fun Runs

July 13, 20, 27
Aug. 3, 10, 17
6:30 p.m.
John Wallace Middle School
71 Halleran Drive
jaykrusell@yahoo.com

This free running series is sponsored by Newington Parks and Recreation in honor of Frank O'Rourke, a longtime Newington High School cross-country coach. Runners of all ages are welcome and participation is free. Those under 18 must be accompanied by a parent or guardian. Chose either the 3K or 5K course.



Extravaganza

July 16, 10 a.m. to 10 p.m.
Mill Pond Park
860-665-8666 or newingtonct.gov/parksandrec

The town's signature event returns for its 35th year. There will be plenty of food, entertainment, live music, other activities and more, with fireworks at 9:30 p.m. The carnival portion of the event starts Wednesday, July 13 and continues through Saturday evening. The run-up to Extravaganza includes a pair of free concerts and free frozen yogurt night.

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Chamber of commerce grants awards

The Newington Chamber of Commerce granted five major awards at its 71st annual meeting and awards dinner held June 3 at Indian Hill Country Club. A crowd of more than 200 people was in attendance.

Heather Hitchcock, who is employed by Hartford HealthCare Services and serves on the chamber's board of directors, won the Chamber Member of the Year Award. She holds a leadership role in several of its annual events.

Data-Mail Inc. was honored with the Business of the Year Award. Among its civic contributions, the company funds the summer concert series in Mill Pond Park.

David Johnson of GEICO insurance was named business person of the year. Donald Woods Jr., former chairman of the Parks and Recreation Board, won the Public Service Award and the Public Safety Award went to Carol LaBrecque of the town Human Services Department.

The chamber board surprised Executive Director Gail Whitney with a special award honoring her 15 years of service. It was presented by past presidents Dr. Michael Crouchley, Joan-Alice Taylor and Theresa Gogluicci.

In addition, Best of Newington awards were presented to the top vote-getters in 41 different business categories. The winners, and their categories, are:

AJ Bafundo & Co., accountant; Hartford Veterinary Hospital, animal care; Griffith & Kelly, attorney/law firm; Mike's Auto, auto care; TD Bank, bank/credit union; Olympia Diner, breakfast; Goldburger's, burgers; Ming Moon, Chinese food; Crouchley Chiropractic, chiropractor; Karma's Closet, clothing store; Ferrari's, contractor/home improvement; Dr. Paul Leckowicz, dentist/oral surgeon; Giovanni's, dessert/bakery; Roma Custom Tailoring, dry cleaner/tailor; Lenscrafters and Visual Perceptions (tie), eye care; Flowers Etc., florist; Bob's Discount Furniture, furniture store; Steve's Place, grinders/sandwiches; Best Market, grocery store; Modern Edge, hair salon; and Bonefish Grill, happy hour.

Other winners were: Big Sky, health/fitness; Carvel, ice cream/frozen yogurt; GEICO, insurance agency; Turgeon Jewelers, jewelry store/gift shop; Stonehedge Landscaping, landscaping/lawn care; CT Kenpo, martial arts center; Healthy Body Massage Therapy, massage; Rare Reminder, media/publication; Puerto Vallarta, Mexican food; Venus Nails, nail salon; CT Beverage Mart, package store; Dr. Patel, physician; Elm Hill, pizza; Laser Quest, indoor fun; Berkshire Hathaway, real estate agency; Joey Garlic's, restaurant; Middlewoods of Newington, senior care provider; Signs Now, sign/print shop; Cardinal Tattoo, tattoo parlor; Best Buy, technology store or service; and MedCare Express, urgent care. NL

Chamber Executive Director Gail Whitney received a surprise award honoring her 15 years of service to the nonprofit organization.

Photo by Mark Jahne

Heather Hitchcock of Hartford HealthCare Senior Services was honored with the Member of the Year Award by the Newington Chamber of Commerce. Her proud mother Kathy Northover was on hand for the festivities, held at the chamber's annual dinner June 3.

Chamber President Michael Loscialpo with Donald Woods, recipient of the Public Service Award.

Andrew and Joyce Mandell of Data-Mail. Their company won the Business of the Year Award.

Pamela Golchin of American Eagle Federal Credit Union congratulates David Johnson of GEICO after he was named the chamber's business person of the year.

Photos by Robert Newbold

Chamber President Loscialpo congratulates Carol LaBrecque of the town Human Services Department, winner of the Public Safety Award.

Bigger and better

Life Be In It Extravaganza marks its 35th anniversary this year

File photos by Lisa Brisson

The Dragon Wagon was just one of many carnival rides that thrilled the crowd at last year's Extravaganza.

by Mark Jahne
Editor

It has grown over the years from a one-day festival to into a week-long party, capped off by a Saturday evening fireworks display.

Extravaganza returns to Mill Pond Park July 16, but the fun starts the prior Sunday.

William DeMaio, superintendent of the town Parks and Recreation Department, is always looking for ways to improve the town's signature annual event. He is confident that this year's installment will be the best ever.

Extravaganza isn't something that happens overnight. It takes months of planning and a cadre of staff and volunteers to turn those plans into reality for the thousands of people who attend the seven days of activities.

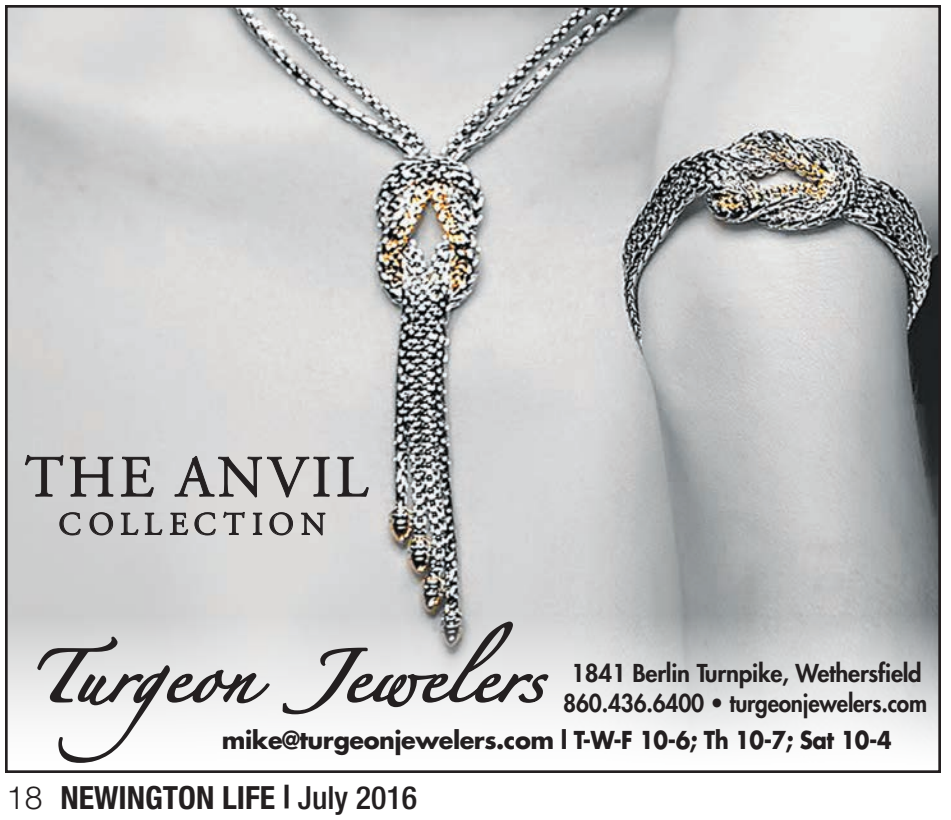
"It's more than a full-time job to put it on," DeMaio said. "It becomes a giant event. It's going to be all week long."

No one on his staff is dedicated specifically to Extravaganza. They all take on parts of the event on top of their usual duties and are not paid anything extra. Many of his staff work 70 hours or more during the week of the event, he said.

They divide up the responsibility for overseeing the food and beverage vendors, entertainment and other vital tasks. DeMaio focuses his efforts on securing business and other sponsorships.

Volunteers also play a role in different areas. Boy Scout Troop 347 has a unique task.

"The scouts sleep [in the park] overnight and



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guard the place for me and that saves an incredible amount of money," DeMaio said.

They report any suspicious activity to the police.

Tax dollars, for the most part, are not used to put on Extravaganza. Parks and Recreation needs to raise its own money for the fireworks and other expenses related to the event.

"The whole idea was to make the recreation division an enterprise budget," he said. "It [Extravaganza] nets about $25,000 in profit."

Samantha Griffin gets ready for a carousel ride with her daughter Ava.

Most of that comes from the carnival rides. It costs more than $100,000 to stage all of the related activities.

"We're still looking for some more sponsors," in particular for the beer garden, stage, Ninja Inflatable Sports Challenge and soccer shootout, he said.

Various events have been held in recent months to raise money for the Saturday evening fireworks display, including the May 26 Motorcycle Madness, a first-time event that drew an estimated 500 bikers to the park.

He credited the members of the Parks and Recreation Board for their hard work and support. DeMaio first suggested this event to former superintendent Robert Stanley 35 years ago when the former was recreation supervisor with the department.

"This year we're going retro. We're calling it the Life Be In It Extravaganza again," he said.

A greater emphasis is being placed on entertainment, particularly live music. The town is renting a new and larger stage from New Britain for that purpose.

The week-long party starts Sunday, July 10 with a 2 p.m. concert by the 102nd Army National Guard Band at Mill Pond Park. The following evening brings a Family Pool Float Night to the park at 6:30 p.m.

Carnival activities begin Wednesday, July 13, and run for four consecutive days. Special deals for carnival wrist bands will be offered on the department's Facebook page as well as through other venues for those who buy them in advance. A four-day wristband is $60, individual days, or bands for two or three days, are priced lower.

The Menchie's Frozen Yogurt & Family Tie-Dye Party happens at 6:30 p.m. July 13 in the park. There will also be helicopter rides that evening from 6-8 p.m.

ReMax is sponsoring hot air balloon rides from 6-8 p.m. Friday, July 15. That same evening also brings a Craft Beer Tasting and a concert featuring LaTanya Farrell.

Then comes the full day of carnival and other activities July 16. Festival hours are 10 a.m. to 10 p.m.

DeMaio promised the biggest and best fireworks show ever at 9:30 Saturday evening. The department is hoping to raise $20,000 and that is more than twice the usual amount.

"We're trying to blow up the sky and have Newington's greatest fireworks ever. This will be double what people are used to seeing," he said.

If Parks and Recreation exceeds its fund-raising goal any additional money will be banked to help pay for next year's fireworks. The carnival operator has cut a deal for thousands of dollars of promotional advertising on various area radio stations.

"We're going to promote and market this thing in a big manner," DeMaio said.

Friday night, July 15, is Craft Beer Night. Twenty-two different brews will be available for sampling. Tickets are limited and cost $20 in advance or $25 at the door. The beer garden will be open from 8-10 p.m.

"The beer garden will have a whole different twist to it," he said.

There will be hourly games and activities. On Saturday it will offer a special lunch deal of a hot dog, chips and a beer. One of his goals is to make as many of the week's events as possible affordable for families.

Beth Manke, chairwoman of the Parks and Recreation Board since November, is a big fan of Extravaganza. She loves the crowd and the fact that so many people who live near the park throw their own parties to complement the official festivities.

"We started planning back in the winter. The carnival will be much longer," she said.

Manke expects the second Craft Beer Night to be even more successful than the first. She also predicted that frozen yogurt night will draw a large crowd.

"We have great vendors. The crafts are excellent. There really is such a positive vibe," she said.

Parks and Recreation also is benefiting from other fund-raising efforts. Anyone who schedules a home energy assessment with HE-Energy Solutions LLC can ask the company to donate $50 toward the Extravaganza fireworks. Call Pam at 203-307-5395.

Wave Car Wash alongside the Shell gas station at 295 Main St. is also contributing to the pyrotechnic display, this year and next. Purchase its shine package for $9.50 or the wheels and protectant package for $11 and part of that money will be donated to Extravaganza.

This offer is good through Sept. 1. Use code 71616. **NL**

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COMMUNITY PUBLICATIONS

Student of the month

Saint Mary's Maeve Ingram is always giving of herself

by Allie Rivera
Staff Writer

Many students at Saint Mary School are willing to be kind to another student. Not as many would be willing to literally give someone else the coat off of their back.

During a class field trip to Misquamicut, R.I., earlier in the year, another student was not paying attention and accidentally fell into the water. Maeve Ingram, 10, was there to help.

"Before anybody else could even think about it, she literally gave her the coat right off her back," teacher Karen Hurley said. "The other student was worried about getting it wet, and Maeve just said, don't worry, it will dry. I want you to be warm."

According to Hurley, who teaches upper primary composed of third and fourth grade students, this type of behavior is not uncommon for Maeve.

"She's always willing to help others," Hurley said.

That desire to help others around her led the fourth-grader to run for the Student Council for her third grade year. After spending a year on the council, she decided to run for president.

"I like Student Council because it's cool to be part of the community and help out with fundraisers and get to know new people," Maeve said.

> **"She has a strong passion for this school and she goes above and beyond for what a great school she thinks this is."**
>
> **– Karen Hurley**

Although the process to become president involved campaigning, she never let the heat of competition diminish her positive attitude.

"She took it very seriously and has a strong sense of responsibility, but she also was very kind throughout the entire process," Hurley said. "She wished the other candidates luck right on her campaign posters."

Maeve was elected president and she took that opportunity to start making a difference within her school community. The students

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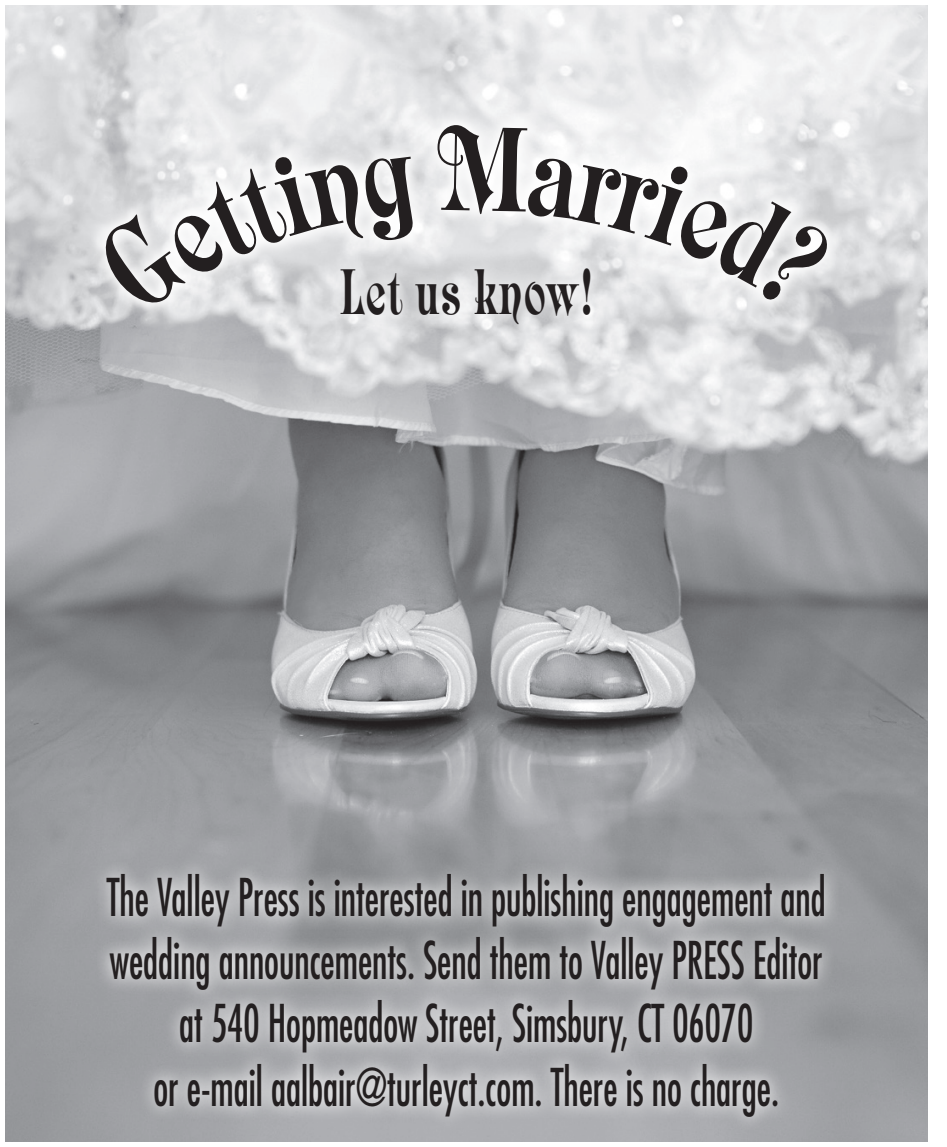
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held a variety of fundraisers throughout the year, including a hot chocolate stand, to raise money to plant a tree in the front yard.

"It was Earth Day and we wanted to do something that kids could cherish for a long time," Maeve explained. "Then we came up with this idea to take a picture with the tree each year so we can see how we grow as the tree grows."

Her concern for others is not limited to her Student Council experience. According to Hurley, Maeve can often be spotted helping others during the day.

"She's very good in her studies without ever being pretentious about it, but she'll often put her work aside to help other students. There is one student who has a difficult time with spelling, so during her free time, Maeve will sit and work with him," Hurley said.

"A lot of kids, if they have free time, they would want it for themselves, but she is always willing to give of herself."

Maeve's studies are also important to her. She loves both math and science and enjoys getting to create various projects that show off what she has learned.

"I just like to work with numbers," she said. "Doing a math equation to me is fun."

When not studying in the classroom or raising money in the halls, Maeve can also be found running down the court. For the past two years she has played for the school's basketball team and starting this year she plans to play for the Newington town team as well.

She also loves to play softball, a sport she only came to know because of her older sister Hannah, 14.

"I would practice with her outside and then I got a glove and realized how much I actually love to do it," Maeve said.

Saint Mary School does not have a softball team so she hopes to start playing for the town team. This summer, Maeve also has plans to audition for her first theatrical production through the Newington Children's Theatre Company.

"My friend Bella, she is a really bright person and she's really involved in all that, so I wanted to try it, too," Maeve said. "I've been singing for most of my life. I like to sing in front of my family and when I'm with my friends sometimes we do songs together."

A Newington resident, she has a great deal of pride in both her school and her town.

"Saint Mary's is a great school and I think more people should come here," she said.

On weekends, she and her sister enjoy walking their dogs, Rufus and Lulu, in the town center. They get lunch at GoldBurgers or ice cream at Carvel.

"Maeve only came here two years ago and we've been thrilled to have her here," Hurley said. "She has a strong passion for this school and she goes above and beyond for what a great school she thinks this is." NL

Photos by Allie Rivera

Maeve Ingram, a fourth grade student at Saint Mary School, serves as the president of the Student Council. The group raised money to plant a tree in the school's front yard.

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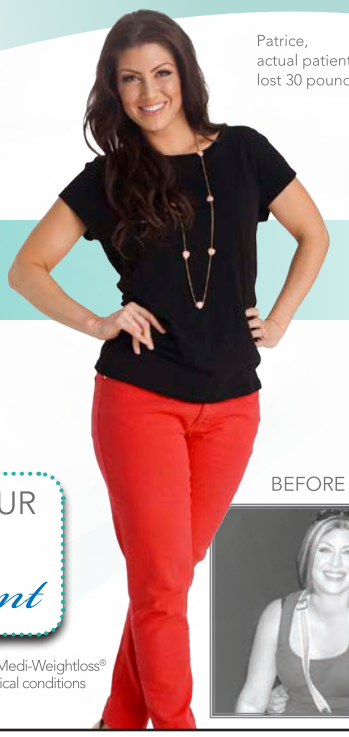

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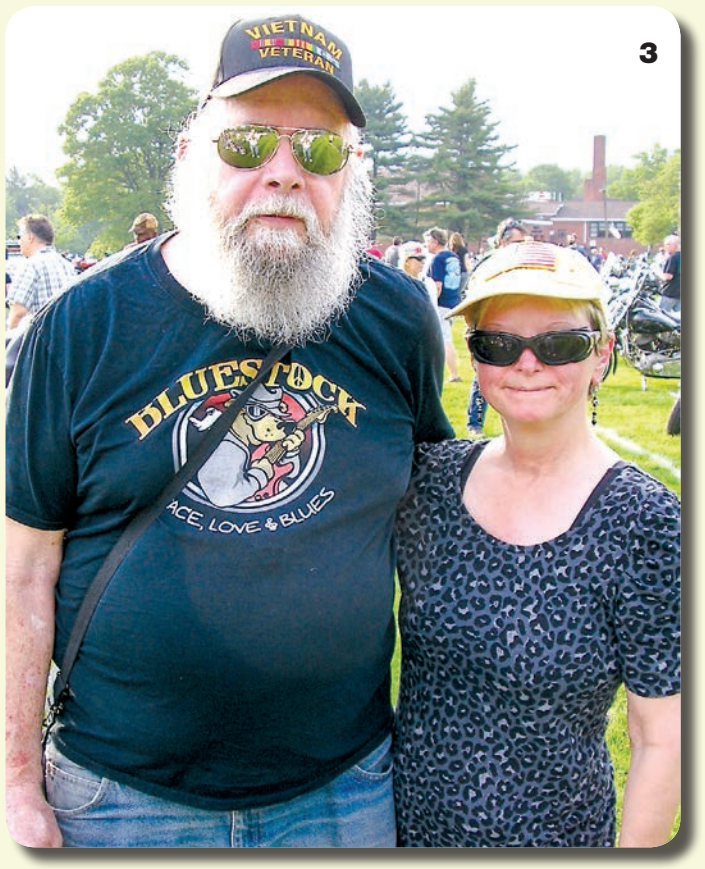
Slice of LIFE

photos by Mark Jahne

Newington Parks and Recreation held its first Motorcycle Madness event the evening of May 26 at Mill Pond Park. An estimated 500 bikers showed up, much higher than expectations.
Other people came out to look at the motorcycles, enjoy food, beer and live music, and in general have a pleasant evening. Funds raised will help pay for the Life Be In It Extravaganza fireworks scheduled for July 16.



Motorcyle Madness event at Mill Pond Park

1. Is this three-wheeled vehicle a car or a motorcycle? **2.** Motorcycles in all styles and colors were on display. Those who wished to do so could submit their bike for judging in various categories. **3.** Bikers Richard Landry and Darlene Dew enjoyed chatting with one another. **4.** Gengras Harley-Davidson of East Hartford was represented by, from left, Steve Bray, Phil Abherve and Fred Shandra. They are standing alongside a 2016 Street Glide FLHXX Special. **5.** William DeMaio, superintendent of parks and recreation, welcomes everyone to the event. **6.** Don and Pam Lavery were there to promote the annual MPO Peter J. Lavery Ride, scheduled for Sept. 18. Peter Lavery was a Newington police officer who was gunned down while responding to a domestic dispute. **7.** The Haymond Girls showed up to promote Haymond Law, a legal practice that specializes in personal injuries and accidents. They visit motorcycle shows all over the Northeast on behalf of the firm. **8.** Some motorcycle owners like to customize their bikes with unique items. **9.** In the Groove provided live musical entertainment. **10.** Vic Fettig represented the Sphinx Cycle Unit.

4

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Educational QUEST

Promise to son leads to pilot program at USJ

by Lynn Woike
LIFE Staff

Photo by Lynn Woike

Dr. Lisa Roland promised her son, Jamie Roland, that he would go to college, then worked to make that experience possible.

When Jamie Roland's friends graduated from high school, he said they went on to attend the University of Connecticut, American University, the University of North Carolina, the University of Rhode Island and the University of New Hampshire. Then, his sister left home for their mother's alma mater, Union College in Schenectady, N.Y.

When he graduated from Hall High School in West Hartford in 2014, Jamie Roland said he wanted to go to college, live away from home and have a roommate, but there was no college in Connecticut with a program for intellectually challenged young adults.

His parents, both physicians, made him a promise: he would attend college. It took years to keep that promise, but Dr. Lisa Roland had no intention of failing.

"The long, involved process was very personal," she said, calling herself "an instigator."

"About 2 1/2 years ago, I started really looking into college programs for individuals with intellectual disabilities, and I noticed ... there are 250 programs around the nation. ... Not a single one was in Connecticut," she said.

Of those, only about 50 are residential, the closest being outside of Albany, N.Y., and in Cambridge, Mass.

"I started talking to people about a potential program here, and everyone I spoke to was very much in favor of starting a program in Connecticut," she said. "In addition, it became very important to me to have Jamie go to college in the state where I hope he will live. Why would I send him to Albany to go to college, find a job and learn the public transportation routes if I hope he would live in Connecticut? It just makes sense that he should go to college in the place where he hopes to live so he can find a job, learn the bus routes and enjoy the community."

Roland began to reach out to individuals who might be able to help. A committee of about 50 people from all over the state came together quickly, with representatives from the legislature, nonprofit organizations, professors, self-advocates, students, parents and siblings, transition coordinators and teachers.

"It's been wonderful. We've grown tremendously, and we've gotten a lot of support from everyone we've spoken to. ... We've had the unanimous support of this operation," she said, listing such allies as state legislators Beth Bye, Joe Verrengia and Joseph Becker, and U.S. Sen. Richard Blumenthal.

Dr. Sheetal Sood, associate professor and director of special education at the University of Hartford, was one of the first people Roland contacted when she began forming a committee.

"She's been my guardian angel. I call her my Mother Teresa," Roland said.

"A college program dedicated to including individuals with disabilities will allow young adults with disabilities to not only be a part of an experience that everyone should have, but also be a stepping stone for them to be independent," Sood said. "It would be an opportunity to help them access education that will train them to obtain a job like any other adult. I believe that such a program will also contribute to the progression toward equality and diversity in the field of higher education."

The group met formally and informally. Subcommittees were formed. There were conference calls.

"We researched probably about two dozen different college programs," Roland said.

The goal was to start a residential program, she said, explaining that living away from home was a "huge piece" they didn't want to do without, because it is only in that setting that independent living skills can be learned.

"Here at home, my husband and I are enablers," she said of their constant prompting.

"There's a lot of living and learning that takes place when our young adults don't live in the home anymore, and that's a huge piece of independence, and a lot of us want that for our children. We don't want our kids to be reliant on us. We want them to be as independent as humanly possible. All of us want to teach our kids how to fish. We don't want to keep giving them a fish."

The program she wanted would prepare them to live, work, shop and pay taxes in their communities.

"We want to break the cycle of poverty," she said. "We don't want our kids dependent on Social Security or [the Department of Developmental Services] or Medicaid. We want our kids to have a meaningful life with a meaningful job. Subminimum wage is unacceptable. Sheltered workshops are unacceptable. Our kids deserve better. It's time we took them out of the shadows ... [and] give them the opportunity to make their own choices," Roland said.

If her son becomes independent and has a job, she estimates that it will save DDS $2 million over the course of his lifetime.

"We're talking about saving the state money. When our young adults become more independent, their needs go down tremendously, so that saves the state more money. They don't need Medicare because they're getting private insurance. They don't need DDS services because they can

EDUCATION

do things on their own."

Until this spring, "there had been a lot of no's," Roland said.

Then, the University of Saint Joseph said yes.

"The why is easy," said Dr. John Molteni, associate professor and director of the Institute for Autism and Behavioral Studies. "We have this history of serving individuals with intellectual and developmental disabilities."

The university was looking at various options to expand, he added.

"We were considering alternative programming for students that we are currently serving," he said, when Roland presented them with her vision.

It fits with the university's mission and provides the opportunity to serve students between the ages of about 21-25.

"We moved quickly. We're looking to launch in the fall," Molteni said.

Provost Dr. Michelle Kalis noted, "The university also has a history of responding to the needs of the community."

The pilot will be a unique program within the university that builds on the expertise of faculty and staff committed to supporting choices available to students after their educational eligibility ends.

Called Quality University Experience and Supported Transition, or QUEST, Kalis said the program will have the same academic calendar as the college, with classes held weekdays from 8:30 a.m. to 4 p.m.

"It blends in with the university life as a whole. ... There will be opportunities for students in this program to interact with our college students and the opportunity for our college students to mentor them, acting as buddies," she said.

Five students are needed for the program to start. If there is sufficient interest, up to 15 can be accommodated the first year.

Applications – available on the university's website – will be screened. Students meeting the criteria will be invited for interviews, and offers will be made based on those interviews, she said.

Each student will have a program tailored to his or her interests and goals, and will include classroom experiences, vocational work and life skills.

"It's going to be a lot of one-on-one working with students to determine what their interests and the skills they need to do it," Kalis said.

Successful QUEST students will receive a certificate of completion.

"We have a strong program in special education as well as applied behavior analysis, and we have a lot of interests and expertise in this area throughout the university. We really feel that this will be a program that benefits not only the students who attend the program, but the university as a whole," Molteni said.

Roland said, "This is their program that they're going to do. They're the experts in the arena of special education."

She praised them, calling them "amazing, creative, out-of-the-box thinkers" who will "make this work."

"We're so excited; we can't wait. It's awesome," she said.

Jamie Roland smiles wide when talking about the prospect of spending his days on a college campus in the fall, and finding a path to his future.

He's gotten a taste of the college experience – taking a class and making friends at the University of Hartford while working in the computer lab on campus, sorting and delivering mail, and helping professors with paperwork for their classes – and loves it.

"I do not believe that he would be this happy if he were working at a different location," Lisa Roland said. "He loves being with his age appropriate, non-disabled peers. It has been a huge boost to his confidence and sense of achievement and we owe it all to Dr. Sood."

While a residential piece may be possible in the future, it will not be offered when the QUEST program begins in August, Kalis said.

That was a compromise, Roland noted, adding, "There are these beautiful, brand new apartments that are being built literally right behind Saint Jo's, and there will be a pathway that's no more than 20 yards ... right to the campus."

She said the builder is willing to work with her steering committee as the opening grows closer. Her plan is to rent one of those apartments for her son, noting that students who choose to live in the apartments will gain independent living skills and still be able to integrate into the campus.

Roland is also seeking state schools to offer the program on a larger scale, at a more affordable price, and with all students being able to live on campus.

"The cost factor is huge," she said, noting, "There was nothing to save for when my child was first born. We'd like to give families the opportunity to find a less expensive option." NL

Applications are available online from the university's website: usj.edu. Questions can be directed to quest@usj.edu.

"We have this history of serving children with intellectual and developmental disabilities."

–Dr. John Molteni

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Girls change their expectations

JA survey finds more young women now expect income equality when they grow up

by Mark Jahne
LIFE Staff

There has been a debate for decades about the different wages earned by American men and women for performing the same jobs. That filtered down into the minds of teenage girls, who, in national polls, tended to indicate that they saw such gender inequality as problematic, but also the reality of the business world.

Not anymore.

For the first time, teenage girls now have the same income expectations as teenage boys, according to a national survey compiled earlier this year by Junior Achievement and Voya Financial. The main question posed was, "Do you think you will make more than $35,000 per year in your first job?"

In the 2014 survey, 44 percent of male respondents and 35 percent of female respondents said yes. This year, the numbers were 40 percent for males and 41 percent for females.

"The gender gap in expectations has been wiped out," stated a news release from Junior Achievement of Southwest New England, based in Hartford.

Lou Golden, the president of Junior Achievement of Southwest New England, said there has been a lot of talk about equal pay for equal work.

"These results suggest that these efforts may be having a positive effect on young women's expectations of what they should be paid as adults. That's good news, and long overdue," Golden said. "We have regular surveys that we do with young people. It reflects what's going on in the world, the awareness of a lot of societal issues by young people."

His agency has partnered with the Junior League of Hartford to offer JA Career Connections For Young Women. This program is designed specifically for high school students and includes an 11-week after-school academy and job shadowing opportunities.

"We work diligently to prepare young people for their own economic success. That is as true for girls as for boys, and it's promising to see that progress is being made," Golden said.

The national survey of 1,000 teenagers also found that nine out of 10 expect to attend college. Forty percent expect financial aid in the form of scholarships or grants. Twenty-one percent expect to receive financial support from their families.

Seventeen percent plan to work to earn money for college, and 11 percent anticipate taking on student loans to provide for their further education, the latter a number the JA considers unrealistically low.

The agency cited data from the Institute for College Access and Success that indicates 69 percent of students who graduated from public and nonprofit colleges in 2014 had student loan debt averaging $28,950 per borrower.

The percentage of college graduates with student loan debt over the past decade has increased and the average amount owed is more than twice the rate of inflation. In Connecticut, 62 percent of college graduates faced an average debt upon graduation of $29,750.

Those interested in learning more about this and other Junior Achievement surveys can go online to ja.org/news. **NL**

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EDUCATION

Remembering that *special* class

We asked prominent people in town to recall a class in high school or college that had a lasting impact on their lives, and why. Here are some of their answers.

"State and local government taught at Trinity College by the late Clyde McKee is one class that had a lasting impact. If Professor McKee were still here, I'm sure he'd be pleased to see what had become of one of his students."

– Mayor Roy Zartarian

"If I had to select one, I would say it was my computer programming class in high school. My high school had only one computer, and it took up more space in the room than the 10 students in the class. ... I spent an entire semester developing a program that would be the equivalent of printing a snowman on a piece of paper. ... It was probably [that] laborious task ... that led me to want to become a computer science teacher."

– Superintendent of Schools William Collins

"My favorite class was graphic arts while I was in high school. This was mainly due to my teacher, Mr. Bajek. He taught me so many of life's important lessons, the most important being respectful to everyone, especially when you are not in agreement with their opinion. There isn't a day that goes by that I don't think of him and all that he taught me in the four years I had him as my teacher.

– Stephen Woods

"Political science in college at Johns Hopkins with Professor Krippendorf. He taught us how to read a newspaper, selecting an article from the local dailies to read and dissect at the beginning of every class, always having us ask the question – why? Why this word, why this phrase, why this point of view? But the thing I remember most was his comment on the dangerous narcissism and hunger for power of candidates for high political offices."

– Clarke Castelle

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Joining the BABYSITTERS *club*

Area classes teach basics so parents, youth feel confident

by Mara Dresner
Staff Writer

Babysitting is a rite of passage – and source of income – for many teens. Since there's more involved with babysitting than simply hanging out with a child, many youths turn to locally offered classes to learn the basics.

When Rita Chhabra's daughter, Avani, an eighth-grader at Griswold Middle School in Rocky Hill, was ready, she signed her up for a course offered through Rocky Hill Parks and Recreation.

"I wanted her to have a better understanding of the knowledge and skills needed to provide a safe environment while taking care of an infant or child. I also wanted her to have confidence in herself while being responsible for the children," she explained. "The whole five-hour course taught her so much and was extremely detailed and thorough, but I believe the first aid section, learning rescue breathing, as well as other strategies for handling emergency situations, is something everyone should know."

Avani completed the American Red Cross Babysitter Training Course April 10 in a course taught by Nancy Brescia, APRN.

"I wanted to take this class because I babysit for my cousins and I wanted to improve my skills," Avani said. "I think the most surprising thing I learned was about how many children suffer from food allergies."

She said the class has already made a difference in how she approaches babysitting.

"I have more patience and I problem solve when the children are fighting. I also have become more creative when thinking of fun things to do, and I have become a better communicator," she noted.

Livia Jacobs, aquatics/recreation supervisor with Rocky Hill Parks and Recreation, said the course is offered a few times a year.

"We offer it a few times a year and it generally fills up with 10 to 15 students. Anyone ages 11 to 15 can take the course, but we predominantly have girls taking it," she said.

"It is not required to be a babysitter, but I think that parents might feel more comfortable if the sitter has the certification."

The Red Cross offers several course options, according to Stefanie Arcangelo, chief communications officer, American Red Cross Connecticut and Rhode Island Region, which is based in Farmington.

"The Red Cross offers three different babysitting courses. The courses are designed for new babysitters and child care professionals, and the child care training courses allow individuals to gain the skills necessary to care for kids of all ages," Arcangelo explained.

Babysitting Basics is a self-paced online course, which was created for those ages 11 and older.

"Our online babysitting training course can help you learn how to provide care for infants and children, understand what to do in an emergency, choose age-appropriate activities, recognize and handle a range of behaviors [and] learn how to start your own babysitting business," she said.

The in-person Babysitter's Training is recommended for those ages 11 to 15.

"This course is designed to help participants develop leadership skills, build their business, help keep themselves and others safe, help children learn how to behave, and learn basic child care and basic first aid," Arcangelo said.

Advanced Child Care is offered both online and in person, and helps participants gain the skills to care for children and infants inside and outside of the home.

"The course delivers leadership training, child behavior and discipline training, as well as information on professionalism, safety, basic child care and more," she noted.

The Red Cross also offers first aid and CPR/AED certification courses.

While the basics of babysitting have remained the same through the years, Dawna Shepler, regional manager with Lifesafe Services, LLC, said today's babysitters have much more information at their disposal.

"I feel that [babysitting is] the same in terms of providing purpose and finding value within the community and social environment; and

EDUCATION

that it differs in terms of available resources, including the Internet. The modern-day babysitter has much more to draw upon for their future actions regarding caregiving and community building skills. This level of training, with all of the new resources, offers so many opportunities for young community members to begin to take more self-worth into our collective future," she said.

Lifesafe Services, headquartered in Jacksonville, Fla., offers two courses, which are held at locations throughout the country.

In Connecticut, they've offered more than two dozen classes so far this year in towns across the state, including West Hartford and Simsbury.

Their advanced course teaches child/infant CPR and first aid.

"Students get a two-year certification in CPR/first aid," Shepler said.

She said that while some states have regulations, an average age to start babysitting is 12.

"Before they are ready to be on their own, no matter their age, if they do not have any caregiving experience, it is more appropriate to become a Mother's Helper and integrate more with hands-on training, as early as 11 years old," she noted.

Arcangelo said while children as young as 11 can enroll in the Red Cross. Babysitting Basics course, parents should consider their own child.

"Each individual is different, and there are a lot of factors that go into whether or not a specific individual may be ready to take on the important role of babysitting someone's child," she said.

"I think the qualities of a good babysitter are maturity, being responsible, organized, [following] directions well and [enjoying] being around children."

– Livia Jacobs

There are a number of traits that make for a good sitter.

"I think the qualities of a good babysitter are maturity, being responsible, organized, [following] directions well and [enjoying] being around children," Jacobs said.

"Experience, common sense and a deep caring for others makes a good sitter," Shepler noted.

Parents should take time when choosing a sitter for their children.

"When looking for good sitter, don't skip a comprehensive interview meeting with each other. A checklist of questions regarding the details of being in charge in their house is the backbone of the relationship. This is not an interrogation, but rather a well-thought out list of questions, procedures, schedules and location of household emergency items. The babysitters' classes emphasize how important data is to both parties, so that all works well, and safely, for everyone," she said.

After the prospective babysitter passes initial muster, Shepler recommended having a second visit, where the babysitter comes and interacts with the children while the parents are home.

"[That's] the best way to follow up after the initial meeting and informational exchanges," she said

Parents should review the background of the prospective sitter.

"When hiring a babysitter, parents should choose someone they feel comfortable with, who they know to be trustworthy, reliable and responsible. Also, having a sitter who is trained in first aid, CPR and AED is an important consideration," Arcangelo said.

Parents should make their expectations clear, including addressing technology.

"The best thing for parents to do would be to outline their expectations for technology use for both the sitter and for their own children up front." NL

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July calendar

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

5 **Teen Dessert & Designs,** 6:30 p.m., for grades 6-12, Lucy Robbins Welles Library, 95 Cedar St., 860-665-8720, newingtonct.gov/library

6 **Just a Story and a Song,** 10:15 a.m., Lucy Robbins Welles Library

Film "Spotlight," 1 and 6:30 p.m., Lucy Robbins Welles Library

7 **Film "Jane Eyre,"** 1 p.m., Lucy Robbins Welles Library

Cooking Demo from Outback Steakhouse, 6:30 p.m., for grades 6-12, Lucy Robbins Welles Library

9 **Business Expo,** 10 a.m. to 2 p.m., Ferrari's Appliance, 460 New Britain Ave., 860-436-9993 or rayrod@ferrarisappliance.com

11 **Forever YA Book Club**, 6 p.m., Lucy Robbins Welles Library

Ready for Kindergarten, 6 p.m., Lucy Robbins Welles Library, also July 18 and 25 and Aug. 1

Severance Foods of Hartford, 7 p.m., Lucy Robbins Welles Library

12 **Family Yoga,** 6:30 p.m., for children ages 5-8 and a caregiver, Lucy Robbins Welles Library, also July 26

Adult Coloring Group, 6:30 p.m., Lucy Robbins Welles Library, also 10 a.m. July 26

National Alliance on Mental Illness, 7 p.m., Newington Senior & Disabled Center, 120 Cedar St., 860-205-9542 or 860-830-2129

13 **Gross Me Out,** 1 p.m., for children entering grades 2-4, Lucy Robbins Welles Library

Junior Cookbook Club, 6:30 p.m., for grades K-2, Lucy Robbins Welles Library

How Exercise Benefits Your Mental Health, 7 p.m., Lucy Robbins Welles Library

Chess Club, 4 p.m., Lucy Robbins Welles Library

14 **MS Support Group,** noon to 2 p.m., Newington Senior & Disabled Center,

Meditation – Healthtrax, 1 p.m., Lucy Robbins Welles Library

Tech 4 U, 1:30 p.m., Lucy Robbins Welles Library, also 5:30 p.m. July 21

Teen Monthly Maintenance 101, 6:30 p.m., for grades 6-12, Lucy Robbins Welles Library

Throwback Crafting: CD Suncatchers & Wind Chimes, 6:30 p.m., Lucy Robbins Welles Library

16 **Extravaganza,** 10 a.m. to 10 p.m., Mill Pond Park, 860-665-8666 or newingtonct.gov/parksandrec, fireworks at 9:30 p.m.

18 **Teen Cleaning 101**, 6:30 p.m., for grades 6-12, Lucy Robbins Welles Library

19 **Jumping Clay Workshop,** 6:30 p.m., for grades 6-12, Lucy Robbins Welles Library

20 **Cookbook Club,** 6:30 p.m., for grades 3-6, Lucy Robbins Welles Library

Rhythms of the World: Judy Handler & Mark Levesque, 7 p.m., Lucy Robbins Welles Library

22 **Teen Horror Movie Night,** 6 p.m., for ages 13-18, Lucy Robbins Welles Library

23 **Take a Tromp Through the Swamp,** 10:30 a.m., Lucy Robbins Welles Library

26 **Healthy Relationships 101,** 1 p.m., Lucy Robbins Welles Library

27 **Film "Spectre,"** 1 and 6:30 p.m., Lucy Robbins Welles Library

28 **Brown Bag It With a Book**, noon, Lucy Robbins Welles Library

Computer Troubleshooting, 6:30 p.m., registration required, Lucy Robbins Welles Library

Teen Mending 101, 6:30 p.m., for grades 6-12, Lucy Robbins Welles Library

30 **Fun Night at Healthtrax,** 5-8:30 p.m., 375 East Cedar St., 860-665-8720, newingtonct.gov/library

Is your club, community organization, school or house of worship holding an event open to the general public? If so, please send us the details for inclusion in our calendar. Email your events to Mark Jahne at mjahne@turleyct.com or mail them to Turley CT Community Publications, 540 Hopmeadow St., Simsbury, CT 06070.

News roundup

1

Helping children SOAR

1. Volunteers from the Martin Kellogg Middle School Drama Club visited Ruth Chaffee School May 23 for a special performance. The middle school students performed at the final school family meeting of the year.

Each of the elementary schools in town hold school family meetings throughout the year, providing opportunities for students to learn social curriculum in a cross-grade level environment. Chaffee students have been using this year's school family meetings to encourage each other to SOAR (Safety, One community, Always bucket-filling (respect) and Responsibility).

The Martin Kellogg students prepared skits to reflect instances where they could choose to think about those four areas. They led a character-building activity and a sing-along as well.

Sign up for Camp S'More

Spaces are still available in the Newington Parks and Recreation Camp S'More program for children entering grades K-4 this fall. The program will run the week of Aug. 8-12 at Mortensen Community Center in town hall.

Swimming, games, crafts and activities will all be featured. The cost is $150 per child. Each camp day starts at 7:30 a.m. and concludes at 5:30 p.m.

Health district holds exercise

2. The Central Connecticut Health District worked alongside local health departments across the state the week of April 11-15 to conduct a Connecticut Department of Public Health Full Scale Exercise.

The purpose of this exercise was to test emergency preparedness. It specifically tested ordering, receiving, preparing and transporting medicine. The security and communication of this plan were also tested. Activities included using mock pallets of medicine to test receiving and distribution in the event of a real emergency.

2

Remove banners following graduation

The Newington Public School district said it appreciates the school spirit as witnessed by the numerous high school graduation banners that are displayed all over town every May and June. While it wants this tradition to continue, it also asks that these banners be removed by July 1 out of respect for those who live in each neighborhood.

Marking a milestone

The GFWC Newington/Wethersfield Woman's Club is a nonprofit community service organization that was accepted into the General Federation of Women's Clubs in October 1999. The club is also a member of GFWC/CT.

GFWC is dedicated to enhancing the lives of others through volunteer service. Local members recently celebrated the April 24 Federation Day by marking 126 years of continuous service.

Over the years, the club has raised funds for various causes including military veterans, college scholarships, special needs funds in both towns and a number of hands-on projects such as sewing blankets for more than 1,000 prematurely born babies.

The club meets on the fourth Tuesday of each month from September through November and January through April at 6:30 p.m. at the Newington Senior and Disabled Center.

CCHD seeks volunteers

The Central Connecticut Health District is looking for medical and non-medical volunteers from Berlin, Newington, Rocky Hill and Wethersfield to assist with district services. Volunteer opportunities include, but are not limited to: assisting with annual flu and pneumonia clinics; training for live emergency preparedness events, such as flu pandemics, bioterrorism threats and major storms; participating in emergency preparedness drills and providing assistance in emergency shelters.

Residents with experience in logistics and/or emergency services are particularly desired, but all are welcome. The CCHD is also looking for volunteers who speak English and are also fluent in Spanish, Italian, Hindi, Albanian, Bosnian or Polish.

For more information contact Lori DiPietro at 860-665-8571 or ldipietro@ccthd.org.

Human services collects school supplies

School may just have let out for the summer, but Newington Human Services is already focusing upon collecting back to school supplies for residents in need for the 2016-2017 academic year.

Wish list items include new backpacks, pencils, pens, rulers, folders, three-ring binders, spiral notebooks, flash drives, staplers and staples, calculators, crayons and other markers, colored pencils, insulated lunch bags and new socks.

Donations may be dropped off weekdays between 8:30 a.m. and 4:30 p.m. at town hall. Human services will offer extended drop-off until 6:30 p.m. July 11 and 25 and Aug. 8. Call 860-665-8590 or email pwassik@newingtonct.gov for more information.

Answering the calls

Newington Emergency Medical Services responded to 148 emergency calls during the month of April. Of these, 132 were handled by the on-duty crew and the remainder by members responding from home to staff the second ambulance.

Forty-five of the calls involved basic life support transport and 59 of them were advanced life support transport. NEMS members volunteered 1,273 hours responding to public calls for assistance.

Rent help for seniors

Karen Halpert from the Newington Senior and Disabled Center is sched-

uling appointments for the Renter's Rebate Program. The last day to apply is Sept. 30.

First-time applicants must be 65 years old as of Dec. 31, 2015 or 18-plus years old and disabled, according to Social Security guidelines. Maximum income limits are $42,900 for a married couple and $35,200 for a single applicant.

Proof of all income must be provided. Examples of income are a 2015 federal tax return, 2015 Social Security 1099 form, 2015 pension income, 2015 interest income, etc. To schedule an appointment call 860-665-8559.

Ferrari's to host expo

Ferrari's Appliance will host a business expo from 10 a.m. to 2 p.m. July 9 at its 460 New Britain Ave. location. Local businesses are invited to participate.

Plans include a bounce house for children, music, grilled hot dogs and hamburgers, cotton candy and more. For more information contact Ray Rodriguez at 860-436-9993 or rayrod@ferrarisappliance.com.

Women attend gathering

3. & 4. Members of the GFWC Newington/Wethersfield Woman's Club recently attended the GFWC State Convention. They are, from left, Jo Late, Donna Recknagel, Leslie Apostalon (second vice president GFWC Connecticut), Pat Mahoney and Joyce Blake.

The other photo shows outgoing President Jo Late, right, and incoming President Pat Mahoney at the convention.

Students honored

5. Superintendent of Schools William Collins recently honored the top students from each school for the month of May.

They are, back from left, Melanie Estrada of Elizabeth Green School, Nikhil Patel of John Wallace Middle School, Ivan Taras Panchyshyn of Newington High School and Madison Ferri of Martin Kellogg Middle School; front, Marissa Sanford of John Paterson School, Megan Hintlian of Anna Reynolds School and Lauren Vuong of Ruth Chaffee School.

NSAF grants scholarships

The Newington Student Assistance Fund granted scholarships to Newington High School seniors Alana Barkman and Dennis Prokopa. In addition, Cammy O'Connor Book Awards were presented to Patrick Kulac, Grace Cala, Alexis Pestrichello and Luis Cruz.

These memorial awards are given annually to a member of each grade who exemplifies O'Connor's personal qualities of service, generosity, responsibility and commitment. **NL**

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Meet Greta and Vera

Greta is a 2-year-old Boxer, Terrier and American Staffordshire mix. She can live in a single-family home or condominium and would fare best with children 12 and older. She's got plenty of affection, and plenty of energy, so daily exercise is a must. She has no prior experience living with other pets. Her ideal home would be with a family that has prior large dog experience.

Vera is a 13-year-old Himalayan mixed breed who doesn't act her age. She's fine with any kind of home, and children of any age, and doesn't mind being around other cats and dogs. She's quite affectionate and enjoys an active household.

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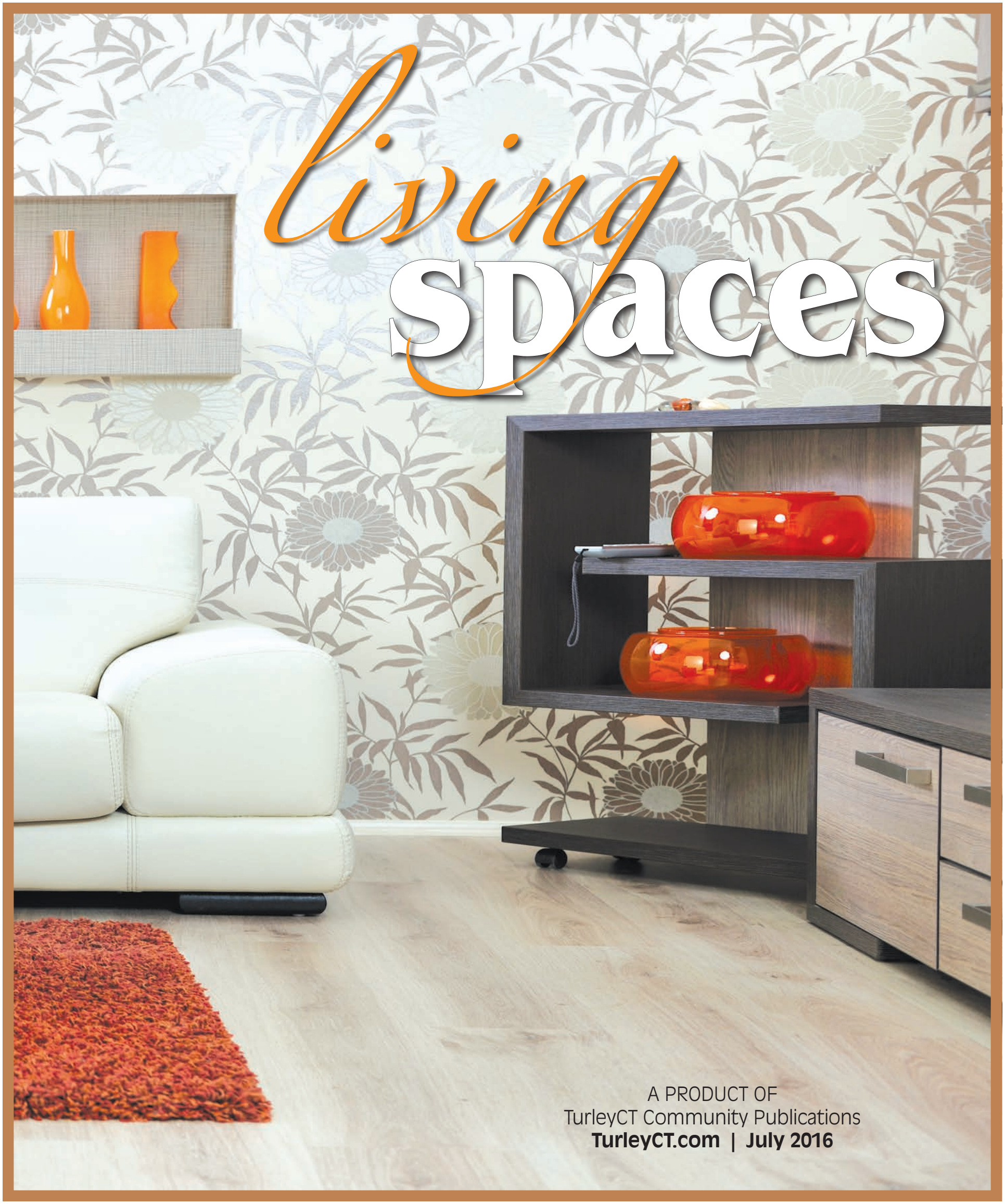
living spaces



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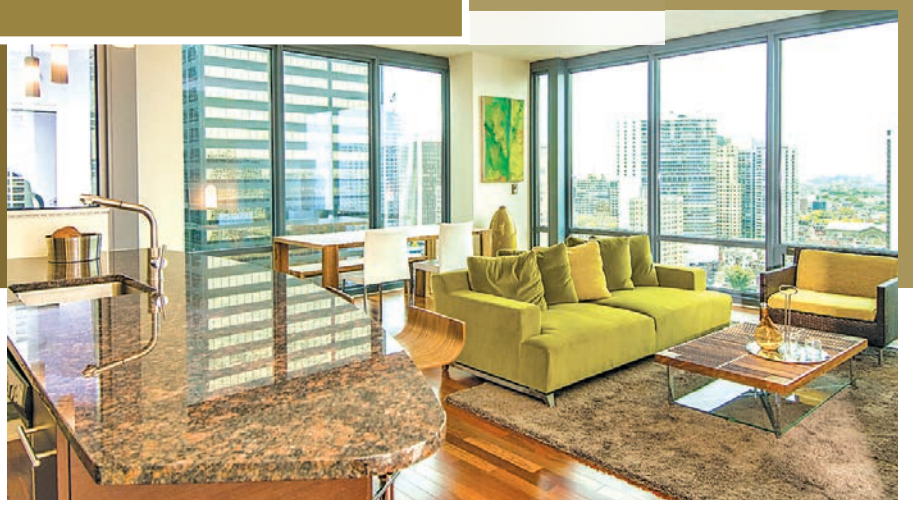

"You don't want every small space to look bigger. If you want it to look more intimate, there is no reason to have a light color."
– Sue Cesana

Experts offer tips to make your rooms look larger or smaller

by Alicia B. Smith
Staff Writer

Gone are the days when small rooms feel cramped and claustrophobic, or larger spaces seem cavernous. With a few decorating tips, each space in your home can have just the right, comfortable look no matter how large or small the space may be.

Interior decorator Claudia Rucci of Claudia Décor in Canton lives in a challenging space and can relate to many of her clients' issues. Her home has a large, open contemporary design. When it came time for her to decorate her personal space, she took inspiration from hotel lobbies and she often suggests the same to her clients.

"Like a hotel lobby, break it into conversation areas," she said of those large rooms in your home that you would like to make more cozy and intimate.

Homeowners can create a reading area in one part of the room and a place to talk in another.

Area rugs can help define individual areas within a larger space, said Heather Grahling, owner of Vivid Hue in Farmington.

Painting accent walls is another way to help a large space feel more comfortable.

"I have four different colors in this one long expanse," Rucci said of her living room. "You want warm colors to make you feel cozy."

Another way to use color in this type of space is to opt for dark floors and lighter colored walls, or darker walls with lighter flooring, but don't do both dark or both light.

Lighting can also have an impact. Good lighting in each of the smaller seating areas that have been created help to make the space feel more intimate.

Living rooms are not the only large spaces. Rucci said many of these design principles could also be used in bedrooms – arranging one area for the bed and another for a sitting area – as well as in other parts of the house.

Another way to work with large room is to place items closer together.

Items such as window treatments in larger spaces can be thicker to create a warmer atmosphere, as can using more tactile fabrics.

For those with less space, there are plenty of options that give a more spacious feel.

"The main tips for small rooms are obviously bright, light, airy colors," Rucci said. While it is not necessary to have a monochromatic color palette, it is best to keep paint colors in the same tone.

Another option is to do away with window treatments, unless they are needed for privacy. If you do prefer to have curtains, opt for a lighter fabric or sheers.

Many, Rucci said, make the "classic mistake" of pushing all the furniture against the walls of the room. A better option would be to float the furniture in the space so that people can walk around the pieces, which gives the space a sense of airiness.

When selecting furniture for smaller spaces, look for pieces with exposed legs and clear coffee tables.

"Mirrors reflect light," Rucci said, adding they can be used in small spaces.

She dispels the myth that smaller spaces need smaller furniture.

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LIVING Spaces

While it might not be best to place a large sectional sofa in a small room, there is no reason to shy away from larger pieces.

"If you have one giant couch, I'd stop there," she said. "I wouldn't go get a million giant overstuffed chairs."

Grahling agreed, saying, "Many people are under the misconception that when you have a small room, you need to fit smaller pieces into the space. Quite the opposite is true. Minimize the clutter of lots of little tables and bookshelves and chairs. Instead, if you have a few larger pieces of furniture, it will minimize clutter to the eye and make the room actually appear larger."

Minimizing clutter is the key, Grahling said, offering some creative ways to do it.

"Make use of hidden areas by using an ottoman with hidden storage or a bookshelf that neatly displays smaller items. Also, hanging a shelf high – almost along the ceiling line – is a unique trick to extending the length of the room and making it appear larger."

Sue Cesana of Mahers Paint, with locations in Simsbury and Avon, suggested looking at the lighting in smaller spaces. If the room has several windows and gets a fair amount of natural light, this may allow for using a darker color.

"I think in those cases, you can have a better effect by not doing a lighter color on the walls but on the trim, with the wall being slightly darker," she said. "It will recede like a mat on a picture: you focus on the white of the trim, and you look outside."

For those small, dark spaces, Cesana suggests keeping the walls a brighter, lighter color and to keep in mind how the color reflects light.

"You can look at the color strip and see what will reflect light better," she said.

Grahling said, "Soft tones of powder blue, gray and white will create a softer appearance and thus, create the illusion of more space."

Ultimately, Cesana said, it is up to the homeowner to decide what's needed.

"You don't want every small space to look bigger. If you want it to look more intimate, there is no reason to have a light color," she said. "It's a matter of personal preference."

Other options include painting the ceiling, depending on its height and slant. A smaller space can be made to look bigger than it actually is if, in the instance of a slanted ceiling, the color continues up the wall and onto the slanted portion to add more height.

Grahling agreed, saying that "painting the ceiling will add height to the room."

Cesana noted that, increasingly, homeowners are gravitating towards lighter and brighter colors.

"It's a whole cleaner palette than in the past," she said.

"The biggest thing I see from my end is not following personal preferences," Cesana said. "They read this online and listen to people on television and they take it down as gospel; they are afraid to own their likes and dislikes." NL

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Garden variety

See what you can do with $500 and a weekend

by Sloan Brewster
Staff Writer

A butterfly garden is a fine way to spruce up your landscaping and can be done with $500 and a free weekend.

"Just a little quiet corner where youcould sit and enjoy watching the butterflies and hummingbirds," said Don Warner, owner of Warner Nursery in Simsbury.

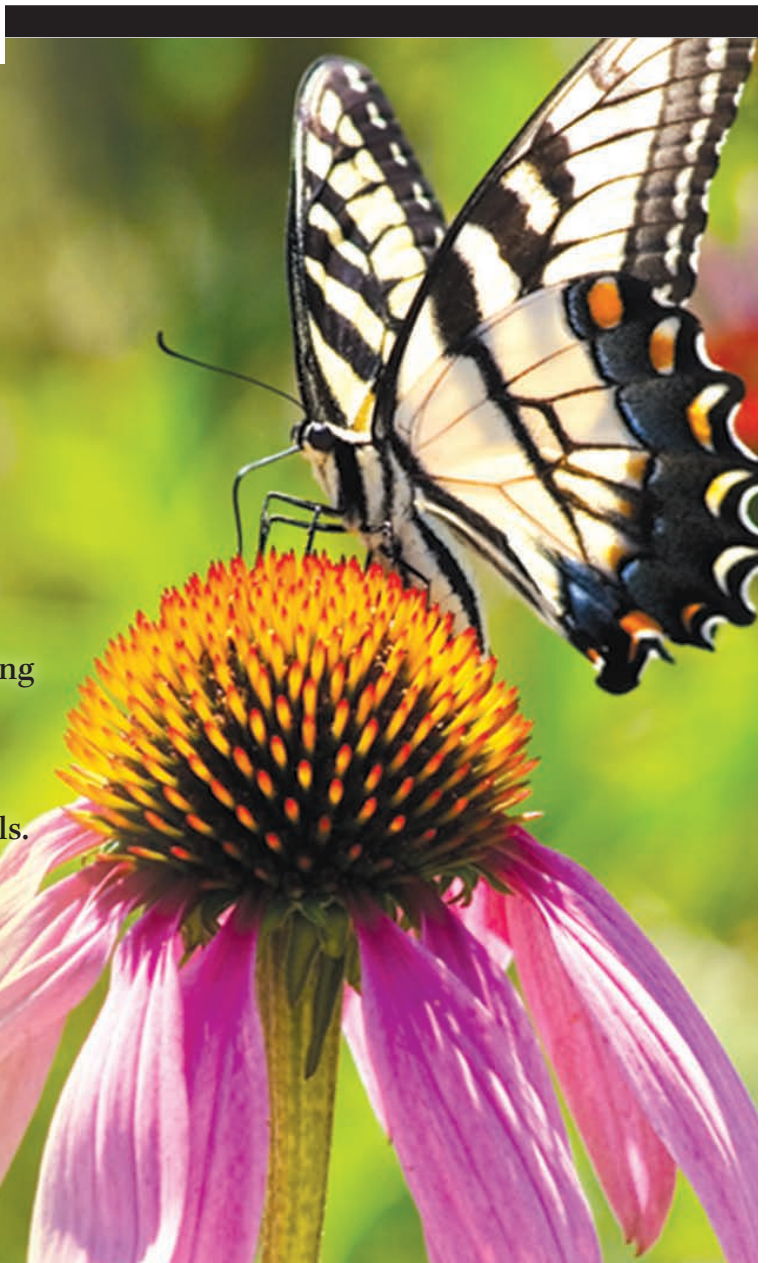
When first considering what a homeowner could do with the money and time, Warner suggested adding some color with colorful annuals or perennials.

Not a bad idea, but then he thought better of it and decided on a more intriguing project.

"How about if we create something?" he asked.

To start, he said to find a nice spot in the backyard where you can enjoy watching butterflies. Add a nice butterfly bush, which will also attract hummingbirds.

"We're going to introduce a bird bath to add something interesting," he added. Next, surround the area with seasonally flowering perennials and, for immediate color, put in some annuals.



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"Look at the color scheme," he advised. "There's such a range of color, from whites to pinks to reds to yellows."

Add plants that complement them or bring in foliage, possibly some hostas for background.

"Edge out that whole area, then mulch it with some kind of natural mulch," Warner said. "And I think once you did all that you'd have $12.99 left to go buy a pack of beer and go sit and watch the butterflies, or a good bottle of wine."

Jennifer Mooney, who owns Paula's Perennials in West Hartford with her mother, Paula Mooney, liked the idea of the butterfly garden.

"I love the idea about a pollinator garden because we're in serious trouble with bees," she said.

A nice compliment would be to incorporate a shade garden somewhere else on the property, using native plants because they require less care and effort.

"They already know how to survive in our environment," Mooney said. "They're really low risk and they do really, really well."

Native plants are great when you're on a budget.

"They're going come back next year and multiply," Mooney said.

A dogwood is a great tree to plant where there are other trees because they can tolerate shade, she said.

"Start with a tree like a dogwood, and you can plant a garden around it," she said.

Other natives she recommended include echinacea – which would be a great addition to the butterfly garden – Ruby Star Coneflower, black-eyed Susans and azaleas.

"[That's] one of the old classics," she said. "It's red; it looks like a daisy."

Stay away from crossbred flowers, especially when working on a budget.

"They don't do as well," she said. "If you're on a budget, you kind of want to avoid that stuff. If you're not on a budget, buy what you want. Go bananas."

It's important to make sure to prepare the soil properly for healthy plants, and it's best to plant in the spring or summer.

"Cultivate it, take out grass, put in compost," she said. "When you're creating a garden, you have to think about the roots of the plant. ... It's getting all its water and nutrients through its root system."

Adding some peat moss will help make a healthy root system.

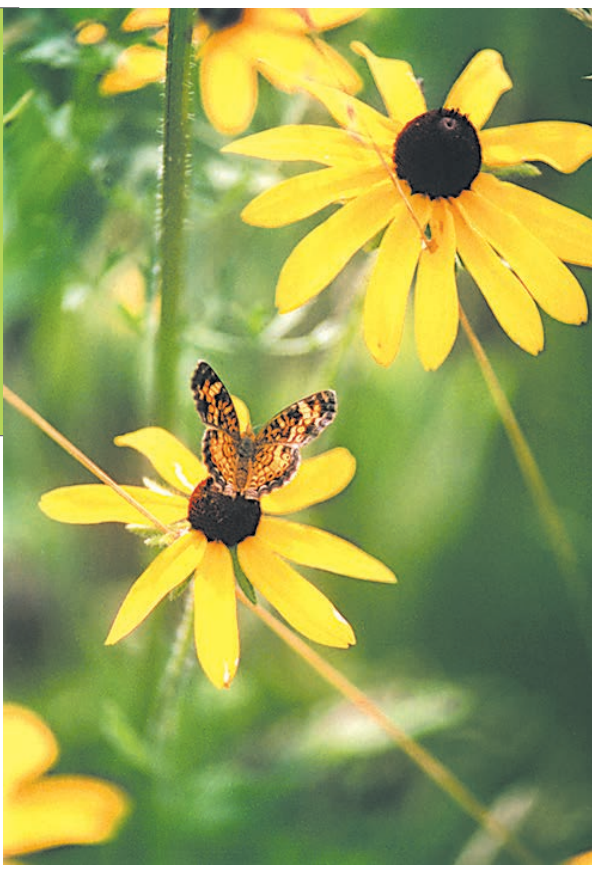
One of the most important aspects, as far as Mooney was concerned, was making sure to buy healthy plantsby pulling them out of the pot and looking.

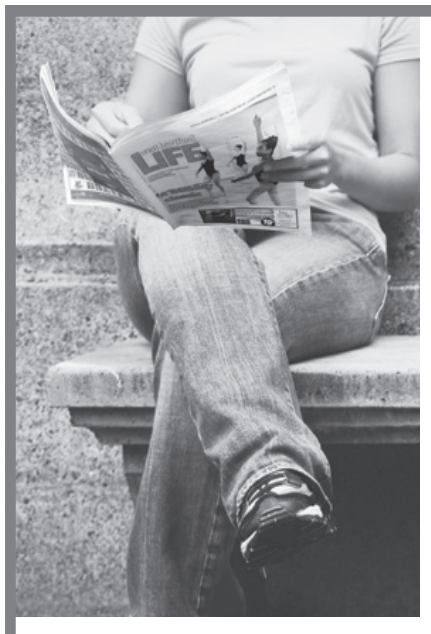
"If it's been there forever, it's really root bound," she said.

She also advised going to local nurseries, where she said there is usually someone who will help and offer advice about gardening. NL

"[Native plants] already know how to survive in our environment. They're really low risk and they do really, really well."

– Jennifer Mooney





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Hail Halloways

Get more out of your passageways

by Lynn Woike
Editor

"I started my practice in a hallway," said John MacFarlane of JWM Architects LLC in Glastonbury, who offered ideas about how the often boring passageways might be enhanced.

He took off the bi-fold doors to the coat closet in the hallway and added a drafting board, a chair and shelves.

"It was a pretty good workspace. I practiced out of there for three or four years," he said.

This was in 1989 – before computer aided drafting. Now, he looks for transitional spaces, like small alcoves within a hallway, that can be reprogrammed to serve as a home computer station, an office, a homework center or a small reading area.

"I always go after those second floor hallways under the roof volumes," he said. "They often have spaces you can make into a terrific office spaces especially with the current trend of executives working from home. If it is partially open or fully open to the floor below, like a balcony, it also serves as a command station to the entire home – you know where the kids are and what they are doing."

When designing new homes, MacFarlane said one of his favorite "tricks" is to put a window at the end of a hallway, allowing light to come in and offering a view of the outdoors. It visually reduces the length of the hallway.

In some instances, it would still be possible to add a window – the effort would be worth it.

Art gallery

West Hartford resident Kirsten Floyd of Kirsten Floyd Interior Design suggests turning a hallway into an art gallery by starting with a neutral paint.

"Many colors can be considered neutral; even some grays and blues can be a good background, depending on what you're hanging. For example, if you have black-and-white family photos, a pale blue is a nice backdrop, making the black and white pop," she said.

"If the hallway is narrow, hang art just on one side so that the space does not become too busy," Floyd recommends.

Ideally, the pieces hung should be related in style.

"You could have several different sizes if they are all simple black frames – that would be what ties them together. You could also collect old frames with ornate moldings and spray them all in silver or gold to give them a shared relationship."

Floyd offered suggestions for getting a series of artwork – from buying identically framed thematically similar pictures at your local art gallery or buying a vintage book and framing some of the illustrations. A series of old postcards all framed the same would also be cohesive.

For something different, she suggested using molding to create a frame on the wall, proportional to the size of the hallway, and putting wallpaper inside.

"This is a fun way to incorporate a wallpaper design without committing to the whole hallway," she said.

Whatever you choose, painting the ceiling in an accent color will make the space special. To complement light blue, Floyd recommends a pale coral.

Drama

"I'm all about creating a dramatic space in small tight nooks. Hallways that are dimly lit and long always invite the question, 'What do I do with this space?'" said Kellie Burke of Kellie Burke Interiors in West Hartford. "This allows for the perfect opportunity to make a dramatic statement in your home and step away from traditional hallway decor."

She used floor-to-ceiling artwork to make a lighted, glassy reflective space.

"We are backlighting these acrylic, glossy super-sized art pieces and running them nearly wall to wall, ceiling to floor to create a contemporary art gallery that will add tremendous depth and dimension to an otherwise dark path. It will provide an alternate indirect lighting that is moody and intentionally theatrical," she said.

Hallways leading to bedroom suites with this installation help create a user experience, and it acts as a great transition into the space.

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"The drama comes from the fact that the art pieces are installed from floor to ceiling to cover the majority of the wall. The lighting adds a nice accent and dimension to the otherwise flat pieces. It's a super trendy idea."

Paint

"When an architecturally plain hallway needs jazzing up, turn to paint," said interior designer Patricia Wolf Canzanella of Wolf Interiors.

To make the long, narrow space seem wider and more dramatic, she suggested painting stripes in two colors.

To start, use FrogTape to outline three- or four-foot sections along the floor, going horizontally (the short way, from wall to wall). She suggested a dark color, such as charcoal gray, and white – both in a high-gloss finish – and using floor paint to withstand foot traffic.

For the walls, alternate vertical stripes in the same colors, choosing paint with a matte finish.

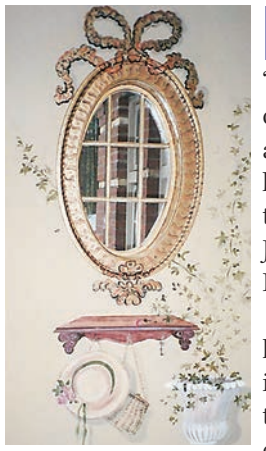
"The ceiling can simply be painted a high-gloss white for light reflection, or, if one is daring, in charcoal gray or another color for drama," Canzanella said. "There are endless possibilities when planning this look. Experiment with color and also sheen levels for added interest."

Navy and white would work for a beach house, while gray and chocolate brown gives a masculine look.

"Even adding metallic finishes to the walls or ceiling will provide glamour," she said.

Canzanella recommended painting the hallway's ceiling first, the walls second and the floor last.

"So, measure and divide, tape and paint, and a boring hallway will soon turn heads," she said.



Fake a view

"In a hallway, you'd want to open the space because it's a long stretch and there's lots of ways you can do that," said Judith Bird of Judith Bird Art in Burlington.

Some of the murals she has done in area homes involve trompe l'oeil, a technique that tricks the eye by painting an illusion of something that isn't there.

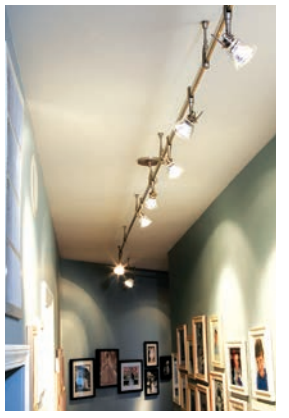
"For example, at the end of the hallway, you paint a stone pathway leading to a garden," Bird said. "That opens up the space by creating the illusion of an exterior view."

Including a ceiling mural can also add a sense of spaciousness. "If you had a forest or garden scene, you'd have some of the plants climbing up toward a painted sky," drawing the eye upward and around the space.

Another way to open the hallway is to use tone-on-tone colors with an oversized, free-flowing pattern, such as leaves or blossoms, that invite the eye to move around the walls.

A wooden floor also offers possibilities, she said.

"You could paint an Oriental carpet that really isn't there to add interest to the space," she said, explaining that all these options "shift the view and add interest to a space that normally people would walk straight through."



Lighting

Ray Christensen, owner of Ray Lighting Design + Studios, LLC in Hartford has designed cable and monorail lighting for hallways, mounting it to extend the length of the space.

"You can hang little light spotlight fixtures angled to illuminate art or key features such as doorways and steps," he said. **NL**

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How to 'summer-ize'

It's time to bring a fresh, seasonal touch to your living spaces

by Alicia B. Smith
Staff Writer

As the weather heats up, it's the perfect time to bring some relaxed cool ness to your home to "summer-ize" your living environment.

Ann Wincze, owner of Blumen Laden in Collinsville, has a shop full of blooming ideas, and she has some suggestions that she uses in her own home, too.

One of her favorite summer accessories for decorating is a simple, versatile project. Using a tall, clear glass cylinder, Wincze fills it with different things. It might be a sea theme, with starfish or seashells.

In the kitchen, she will use a similar cylinder and fill it with lemons or limes.

"It gives you fresh look," she said. It's practical too, as the lemons can then be used to make lemonade.

Seasonally, Wincze likes to change out the artwork in her home.

"I have winter artwork. The summer flowers and landscapes come out for spring and summer. It can totally transform a room. I also have things for fall," she said.

Wincze said, too, that swapping out her curtains for summer with lighter fabrics helps brighten the rooms.

In addition, she puts up sheer curtains in her screened-in porch.

"It gives it a nice look and keeps the pollen out," she said.

Creating an indoor garden is another way to freshen up a summer room. Using succulents is a great option, they do not require a lot of water. Simply fill a large, watertight bowl with dirt, add the plants and leave it on a counter.

With minimal cost, a room can be equipped with a lighter, breezy feel by putting slip covers on furniture in a lighter fabric, such as linen. This, Wincze said, can bring in brighter colors and allow for accessories, such as brightly colored throw pillows to add a splash of color.

No one wants to be stressed during the easy-going summer months, so she suggests selecting one or two rooms – the ones you are in the most – to focus on with some seasonal changes.

Emmy Lou DeBari of Emmy Lou's in Glastonbuy has a customer with a side table inside her house that she uses solely for seasonal decorations. As the seasons change, she changes the items on display for an easy way to change things up and celebrate that time of year.

"It's always something different to look at in your house," DeBari said.

Other ways to add summer flare to your home are to use summer-themed placemats or to purchase a lightweight and lighter color throw to toss on the bed.

Most people like to be outside in the summer, and there are seasonal decorations that can be enjoyed there as well.

DeBari suggests adding a door piece to the front door. This could be planters for flowers, flags and swags.

"It enhances your house," DeBari said. "From the street, it looks like your home is really cared about."

DeBari said she has a planter in her garden that she cannot reach to water. Instead of struggling, she simply put silk geraniums in the spot for a flash of color with no maintenance required. NL

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Editorial

Get out and smell the fresh air

Summer is here and it's the chance to relax, unwind and enjoy the great outdoors. People complain that it seems shorter than the other three seasons – particularly winter – but that's often because they don't take advantage of the warm weather and sunshine.

They let the time slip by as they remain caught up in their worldly distractions and tasks. Then they look up and it's Labor Day. What happened?

For those who can relate to that feeling, plan now while it is still June so that you don't miss out on the season. Book a vacation. Spend a few days at the beach. Take a river cruise, attend a festival, visit a vineyard, attend a concert.

Many area towns present live concerts during the summer months. Most of them feature free admission. Pack up a blanket, a few folding chairs and some food and enjoy a delightful evening of music al fresco.

The are numerous state parks and forests open to everyone either for free or a nominal admission fee. Some have places where one can fish and swim. They all have land that is suitable for hiking and, in many cases, bicycling.

Why not take a walk through the woods? No GPS, no video games, just fresh air. Stuff the cell phone in the back pocket and resist the urge to pull it out every 90 seconds to see if there are any text messages or social media updates.

Enjoy the world in which we live. Notice all the different species of trees that call Connecticut home. Take in the beauty of wild flowers. Bring along some binoculars and see how many different birds and animals you can spot.

Local parks have multiple attractions as well including swimming pools, playscapes, picnic areas, athletic fields and more. Various clubs and organizations offer festivals with ethnic food and culture.

Newington options include two outdoor swimming pools and tennis courts. Wethersfield and Rocky Hill have dog parks, swimming pools and athletic fields, as well as riverfront land open to the public. All three towns have parks and other places where walking is ideal.

Those who grew up in the 1960s and 1970s will remember their parents clamoring for them to turn off the television and go outside to play. The distractions for today's youth are mostly cell phones and video games, but the encouragement to get outside and see the world remains the same.

There's plenty to do this summer. Jump right in and enjoy it. **NL**

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BY MARK DIXON
WFSB METEOROLOGIST [AMS]

The Summer Weather Alerts

Watch, Warning – very different types of alerts. Here in Connecticut, we all need to be familiar with the terminology, given the diversity of our seasons. During this time of year, the 2 categories typically apply to 3 different scenarios: Flooding, Severe Thunderstorms and Tornadoes.

A Watch, when issued ... is for a large area (multiple counties/states), is long duration (usually for a timespan of 4 to 8 hours) and often in place well in advance of any development. Essentially, this alert is a 'heads up' ... to be mindful that the potential exists for severe weather.

Conversely, a Warning is issued when severe weather is imminent or occurring. The geographical area is much smaller and encompasses a timespan of an hour or less, in many cases. This alert means one should seek shelter.

It's important to point out that a Watch does NOT need to be in effect for a Warning to be issued.

Also, there is specific criteria for a storm to be classified as SEVERE. For one to be deemed as such, there needs to be hail one inch in diameter (or larger) and/or wind 58 mph or stronger. While lightning can be deadly, it is not part of the definition.

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